BEST FOR SPORT, SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

7-13 MARCH 2026

TV & Satellite UK

Nicole Kidman brings Patricia Cornwell's brilliant forensics expert to life

NEW

Scarpetta

NEW

OUTLANDER
The fantasy romance comes to an end

NEW

ROOSTER
Steve Carell causes college chaos

NEW

GONE
Eve Myles and **David Morrissey** in a twisty thriller

HotList This week's 28

Saturday 7

Outlander
***PERIOD DRAMA** MGM+*
The final season of the time-travelling epic sees Claire (Caitríona Balfe) and Jamie (Sam Heughan) return to Fraser's Ridge, only for the Revolutionary War to follow them. *See Your Watchlist, page 14*

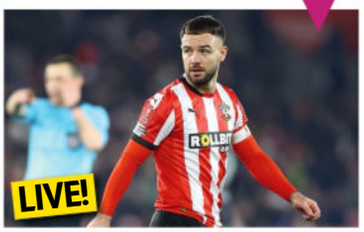
Adulthood
***COMEDY DRAMA** Sky Premiere, 8.20am & 12.05am*
Josh Gad and Kaya Scodelario (both above) star as siblings who return to their childhood home – and find a mummified body in the basement... *See review, p23*

FA Cup: Fifth Round
***FOOTBALL** BBC 1, TNT Sports & Discovery+*
An exciting day of action features League One's Mansfield Town hosting Premier League big guns Arsenal (k-o 12.15pm), while Wrexham welcome Chelsea to the Racecourse (k-o 5.45pm).

F1: Australian Grand Prix
***MOTORSPORT** Sky Sports Main Event & Sky Sports F1, race starts 4am*
Set your alarms, F1 is back! McLaren's Lando Norris (above) kicks off the defence of his title in Melbourne in the early hours. *See Sport Week, page 28*

■ Full listings start on **p35**

Sunday 8



FA Cup: Fifth Round
***FOOTBALL** TNT Sports & Discovery+*
Today's cup coverage includes the match-up between Fulham and Southampton (k-o 12pm), and Leeds United taking on Championship side Norwich City (k-o 4.30pm).

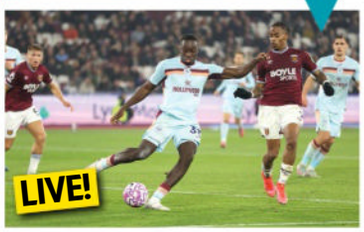
Ghost Elephants
***FACTUAL** National Geographic Wild, 8pm, & Disney+*
Fascinated by a 13ft, 11-tonne elephant in Washington DC's Smithsonian museum, Dr Steve Boyes explores if the subspecies still exists. *See Documentaries, page 21*

The Capture
***DRAMA** BBC 1, 9pm*
Holliday Grainger returns as detective Rachel Carey in a third series of the techno thriller, where her new role sees her trying to restore the public's faith in surveillance. *See feature, page 8*

Gone
***DRAMA** ITV 1, 9pm (box set, ITVX)*
Eve Myles stars as DS Annie Cassidy, who suspects a respected headteacher (David Morrissey) may know more than he's letting on about his wife's disappearance. Continues tomorrow. *See feature, page 6*

■ Full listings start on **p45**

Monday 9



FA Cup: Fifth Round
***FOOTBALL** TNT Sports 1 & Discovery+*
West Ham host London rivals Brentford for a place in the quarter-finals (k-o 7.30pm). The Hammers will need to be firing on all cylinders against the team who beat them 2-0 in the league in October.

Dom Chinea's Cornish Workshop
***FACTUAL** U&Yesterday, 8pm (box set, U)*
The *Repair Shop* expert (above), who specialises in metalwork and vehicle restoration, embarks on the adventure with his own workspace in west Cornwall.

Great British Castle Rescue
***DOCUMENTARY** Sky History, 9pm (box set, Sky Box Sets & NOW)*
Rick Edwards (above) visits castles that were on the brink, taking a look at the craftsmanship that keeps them standing.

Rooster
***COMEDY** Sky One, 10pm*
Steve Carell stars as Greg Russo, a bestselling 'smut' novelist who invades the college campus where his daughter is a professor, to defend her after a scandalous break-up. *See feature, p11*

■ Full listings start on **p55**

Tuesday 10

I Swear
***DRAMA** Netflix*
Robert Aramayo (above) made history at this year's BAFTAs when he won both the Rising Star award and Best Leading Actor for his role as Tourette's campaigner John Davidson. *See review, page 24*

One Piece: Into the Grand Line
***FANTASY** Netflix*
The Straw Hat Pirates are back for a second series of the live-action adaptation, with the crew in search of the world's greatest treasure. *See Your Watchlist, p17*

Champions League: Round of 16 First Legs
***FOOTBALL** TNT Sports & Prime Video*
We're down to the last 16 teams, where Premier League representation will feature Chelsea, Liverpool, Spurs, Manchester City, Newcastle and Arsenal.

Ellis
***CRIME DRAMA** 5, 9pm*
Sharon D Clarke (above) is back as DCI Ellis, continuing to turn around failing cases in the Peak District, starting with the baffling death of a local businessman. Continues tomorrow. *See feature, p12*

■ Full listings start on **p65**

HOW TO ORDER AND ACCESS BACK ISSUES: IF YOU ARE AN ACTIVE SUBSCRIBER, YOU HAVE INSTANT ACCESS TO BACK ISSUES THROUGH YOUR iOS OR ANDROID DEVICES. YOU WILL ONLY BE ABLE TO ACCESS THE DIGITAL BACK ISSUES AS LONG AS YOU ARE AN ACTIVE SUBSCRIBER. TO PURCHASE SINGLE BACK ISSUES (PRINT FORMAT ONLY), VISIT: MAGAZINESDIRECT.COM (CLICK ON 'SINGLE ISSUES' TAB), OR EMAIL: HELP@MAGAZINESDIRECT.COM. MAGAZINESDIRECT.COM IS OWNED AND OPERATED BY FUTURE PUBLISHING LIMITED

Facebook.com/TVSatelliteWeekMagazine

best shows

NEW SUBSCRIPTION OFFER
GET SIX ISSUES FOR £1!
Visit magazinesdirect.com/xts/dj94x

Wednesday 11

Scarpetta
CRIME DRAMA Prime Video
Nicole Kidman (above) leads an all-star cast in this gripping thriller following medical examiner Kay Scarpetta as a new murder unearths 30 years of family secrets. *See feature, p4*

Louis Theroux: Inside the Manosphere
DOCUMENTARY Netflix
The broadcaster fronts a film in which he meets some of the extreme influencers behind the 'manosphere' who are reshaping modern masculinity. *See Your Watchlist, p 16*

Ambulance
FACTUAL BBC1, 9pm
We're back in Yorkshire for a series filmed over winter and spring 2025, and this opener highlights the vulnerability on the night shift as call-handler manager Abi is on the receiving end of an abusive call.

A Woman of Substance
DRAMA C4, 9pm (box set, Channel 4 Streaming)
Brenda Blethyn (above) stars in this adaptation of Barbara Taylor Bradford's saga of Yorkshire maid Emma Harte. Continues tomorrow. *See feature, page 12*

■ Full listings start on **p75**

Thursday 12

Virgin River
DRAMA Netflix
As we return to the beautiful Californian countryside for Season 7 of the small-town drama, newly-weds Mel and Jack begin an emotional adoption journey. *See Your Watchlist, page 16*

The Players Championship
GOLF Sky Sports Main Event & Sky Sports Golf, coverage from 11.30am
The 'fifth major' tees off at TPC Sawgrass, with defending champion Rory McIlroy (above) looking to protect his title against a field including Scottie Scheffler.

The Importance of Being Earnest
DRAMA YouTube, 7pm
The National Theatre's Take Your Seats initiative returns with Hugh Skinner and Ncuti Gatwa starring in Oscar Wilde's comedy. Available until 18 March.

Dunblane: How Britain Banned Handguns
DOCUMENTARY BBC2, 9pm
Thirty years on from the tragedy, in which 16 children and their teacher lost their lives, a look at the campaign to ban privately owned handguns. *See Documentaries, p20*

■ Full listings start on **p85**

Friday 13

That Night
DRAMA Netflix
Disaster strikes in this Spanish drama when, in the Dominican Republic, single mum Elena calls her sisters for help after she accidentally hits a man with her car. How far will they go to protect her?

Materialists
DRAMA Sky Premiere, 8.35am & 8pm
This sharp romantic drama follows a matchmaker (Dakota Johnson, above) whose approach to love is upended when she's torn between a wealthy financier and a penniless old flame. *See review, page 23*

Cheltenham Festival
HORSE RACING ITV1, 12.45pm
All eyes will be on Willie Mullins-trained Galopin Des Champs in the Gold Cup (4pm). He has won the race twice before and was runner-up last year. Can the 10-year-old manage an epic third win?

The Claudia Winkleman Show
CHAT SHOW BBC1, 10.40pm
Post-*Strictly*, Winkleman (above) brings her trademark wit and chaotic charm to a new chat show – featuring, this week, Jeff Goldblum and Jennifer Saunders.

■ Full listings start on **p95**

7-13 MARCH 2026

4 Cover story
Nicole Kidman and Jamie Lee Curtis in new thriller *Scarpetta*

6 TV Week
Eve Myles and David Morrissey star in detective drama *Gone*, high-tech thriller *The Capture* returns for a third series, Steve Carell stars in campus comedy *Rooster*, and a new adaptation of Barbara Taylor Bradford's *A Woman of Substance*

9 Soap diary
The week's top stories

14 Your Watchlist
The final series of *Outlander* plus a new run of *One Piece*

20 Documentaries
Includes *Dunblane: How Britain Banned Handguns*

22 Films
Action adventure *The Bluff*

28 Sport
F1: Australian Grand Prix

35 TV guide
Day-by-day TV listings

105 Kids' TV, Puzzle

106 Coming Soon

ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: © 2026 WARNER BROS. DISCOVERY INC., ITV, JAMES MINCHIN/STARZ/SONY PICTURES TELEVISION, PRIME VIDEO. HOTLIST WORDS: LYNETTE BRIGHTON, RACHEL PRICE. HOTLIST PHOTOS: MARC BRENNER, GETTY, SHUTTERSTOCK

DON'T MISS AN ISSUE!
Download a digital issue to your tablet or phone
Available on iPad, iPhone and Android devices
You can also subscribe to the magazine at magazinesdirect.com

BODIES OF

Nicole Kidman plays brilliant forensic pathologist Kay Scarpetta in a twisty thriller spanning two timelines

Dr Kay Scarpetta
Nicole Kidman
Dr Scarpetta has come back to Virginia and a job she never thought she'd return to, and is determined to look after niece Lucy.

EVIDENCE

NEW DRAMA

Scarpetta

From Wed 11 March, Prime Video

Dr Kay Scarpetta is one the most popular characters in modern crime-writing, with author Patricia Cornwell selling more than 100 million books featuring the dogged US forensic pathologist.

Now, the character finally makes her long-awaited screen debut as Nicole Kidman takes on the title role in an eight-part Prime Video drama set across twin timelines and based on two of the novels, *Postmortem* and *Autopsy*.

The action begins with Kay returning to her former position as chief medical examiner in Virginia where she is called to the scene of a brutal murder when the body of a woman is discovered by train tracks in the middle of the night.

It's a brutal killing that eerily echoes her first major case in 1998, and the story flashes back in time as we see an ambitious 30-something Kay (British star Rosy McEwen) looking into the vicious murder of an actor's wife that bears the hallmarks of a string of local murders.

Meanwhile, the series also delves into Kay's current, complicated home life with husband, FBI agent Benton (*The Mentalist*'s Simon Baker), following the couple's return to their home in Virginia to take care of her niece, Lucy (*West Side Story*'s Ariana DeBose) after the death of her wife.

Also living under the same roof is Kay's older sister Dorothy (Oscar-winner Jamie Lee Curtis), who is Lucy's mother, and who is now married to Kay's detective colleague Pete Marino (*Boardwalk Empire*'s Bobby Cannavale).

Here, Kidman, 58, reveals more…

Jamie Lee Curtis as Dorothy

Were you familiar with the Scarpetta books before filming? Yes, I was. They are legendary and it made me nervous. We were lucky enough to have Patricia Cornwell give us her blessing. She looked at me, and she said, 'You are Kay Scarpetta.' That was amazing.

Pete Marino and Kay Scarpetta

How would you describe Kay? She comes back to a job she thought she would never come back to and she wants to take care of her niece Lucy. That's the person she has the most responsibility and love for. She wants to give Lucy stability. That's why they're all living together as a family. Even though there's enormous friction, they're there for a good reason. Kay's determination is rooted in her desire to belong and keep her family together.

How do the two timelines work together? The idea of a younger Kay, with me as the older Kay, and the two stories intertwining is so intelligent. We see her complicated past with Pete the detective [played in the 1998 timeline by Cannavale's son, Jake]. She's so exacting and he's so loose. But they're both really smart and so loyal to each other.

Can you tell us about Kay's tragic backstory? She saw her father murdered in front of her, that's a massive part of it. And when you're a child and there's trauma and you see death, how do you get control over death? She goes on a trajectory of becoming a medical examiner because it gives her that control. When you do autopsies, you gain control over death in a weird way.

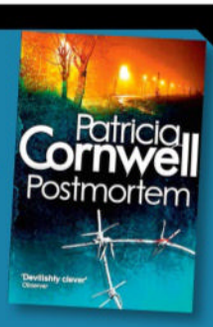
Why do you think viewers will enjoy *Scarpetta*? I hope they love the whodunnit, the parallel storylines, and the twists and the turns. It has a crazy ending, so if you like crime drama, get ready.

Did you enjoy working with Jamie Lee Curtis? I wanted Jamie to play my sister from the beginning. I just felt that the role of Dorothy was perfect for her. Their history as sisters is important. Dorothy and her daughter Lucy have this fractious relationship and Kay has done a lot of the raising of Lucy. So it's very complicated for all of them.

How did you prepare for the role? I'm the daughter of a doctor and a nurse educator, which is really good for this role. We were lucky enough to have a medical officer who advised on the show, and that gave me the expertise. I was suddenly able to do autopsies – I'm not squeamish and I literally can do an autopsy now. I loved the scrubs and the gloves.

COMPETITION!

Win a copy of Patricia Cornwell's first Kay Scarpetta novel, Postmortem



To celebrate Prime Video's adaptation of the Kay Scarpetta novels by Patricia Cornwell, starring Nicole Kidman, we have **20 copies** of the paperback *Postmortem* to be won. To enter, simply answer this question:

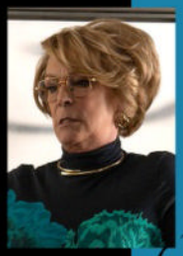
Nicole Kidman starred in which of these movies?

A *Muriel's Wedding*
B *Barbie*
C *Moulin Rouge!*

If you know the answer, go to ***bit.ly/tvsw_wk11_550*** and look for the competition. This competition opens from 9am, 3 March and closes at 11.59pm, 3 April 2026. Terms and conditions can be found at: ***comps.whatsontv.co.uk/rules***

WHO'S WHO

Dorothy Farinelli
Jamie Lee Curtis



Kay has a difficult relationship with her older sister, who struggled as a single parent after the death of her first husband.

Lucy Farinelli-Watson
Ariana DeBose

Dorothy's daughter is heartbroken following the death of her wife Janet and feels unsupported by her mother.

Pete Marino
Bobby Cannavale

Kay's detective partner is also Dorothy's husband. The crime-fighting pair work well together and are loyal to each other.

Benton Wesley
Simon Baker

Kay's FBI agent husband invites her whole family to stay at his estate in Virginia following Lucy's loss.

Young Kay
Rosy McEwen

In 1998, the forensic pathologist is taking on her first big case after being made Virginia's chief medical officer.

Young Pete
Jake Cannavale

The cop is convinced that actor Matt Petersen (Graham Phillips) is guilty of killing his wife, despite Kay's doubts.

Young Dorothy
Amanda Righetti

The death of her husband and Lucy's father hits Dorothy hard back in the late 1990s.

WORDS: SEAN MARLAND. PHOTOS: GETTY, LITTLE BROWN BOOK GROUP, PRIME VIDEO

A head teacher's wife vanishes in a cat-and-mouse thriller starring **David Morrissey and Eve Myles**

School of secrets

NEW THRILLER

Gone

Sunday & Monday, 9pm, ITV1 (box set, ITVX)

As the head teacher of the prestigious St Bartholomew's private school, Michael Polly (*Sherwood*'s David Morrissey) lives a life of carefully curated order, and expects the same from others. However, after his wife Sarah goes missing, he suddenly finds himself in a situation that's far outside of his control in ITV1's new drama *Gone*.

When Michael reports Sarah's disappearance to the police, DS Annie Cassidy (*The Guest*'s Eve Myles) has a feeling that his account of events isn't the whole truth. Meanwhile, as Michael's daughter Alana (*The Road Trip*'s Emma Appleton), who also teaches at the school, grows increasingly worried about her mother, stoic Michael just carries on with his work as usual.

And as Annie's quest to discover what really happened to Sarah pulls her into Michael's orbit, he seems determined to keep her at arm's length – but is Annie right to be suspicious of him?

Here Myles, 47, and Morrissey, 61, reveal more about their six-part thriller…

Emma Appleton as Alana

Why does Annie suspect Michael of being involved in his wife Sarah's disappearance?

Myles When he comes in to say his wife hasn't been home in the past 24 hours, a red flag instantly goes up. Michael says he knew something was wrong straight away, yet it's taken him until the next day to turn up and report her missing. But what also makes Annie dig deeper is how closed-off this man is. His behaviour is incredibly unusual, almost robotic in a way.

Morrissey Annie becomes a Family Liaison Officer, which means she's in his house all the time. She's ostensibly there to give support, but actually she feels a bit like a spy in the nest, and he doesn't trust her. Because she's around so much, she observes things about him and is able to get under his skin a little.

What drew the two of you to this project?

Morrissey I got approached by the production company and our writer George Kay a while ago, and I found the world fascinating. I've worked with George before, on [ITV1 drama] *The Long Shadow*, and I was a fan of his work.

WORDS: STEVEN PERKINS. PHOTOS: BBC, ITV

Alana and Michael appeal for help

'His behaviour is incredibly unusual, almost robotic in a way'
EVE MYLES

Myles The main thing that attracted me was the fact that you've got two characters who are from such different backgrounds and worlds. They find things out in each other that they weren't expecting to find – almost like they were put together at the right time in their lives.

The dynamic between Michael and Annie is right at the heart of this story. What was it like working together?
Morrissey Eve was great. I've been an admirer for a long time. It's a very heavy story, and she was so much fun. She brought a levity to everything, and I really loved working with her.

Myles David is a national treasure. He brings his A game, and you've got to bring yours, too.

What do you think makes *Gone* stand apart from other thrillers?
Morrissey What's interesting about the show is the setting, and the fact that you're investigating crime in a world that has its own rules and regulations. Our detective has to navigate a public school, with all of its history and legacy, while doing her job.
Myles I love sitting in my living room, reading a script or watching a thriller, and at the end of it going, 'Well, you're an absolute fool because you didn't see that coming!' *Gone* had that in every episode.

MISSING in action

Catherine Garton as Mattie. Inset: Mervin

Mattie holds the fort when Mervin mysteriously disappears

CRIME DRAMA
Death in Paradise
Monday & Friday, 9pm, BBC1

There are two helpings of Caribbean crime across this week as *Death in Paradise* delivers a double portion of episodes.

In the first instalment, DS Naomi Thomas (Shantol Jackson) is concerned when DI Mervin Wilson (Don Gilet) becomes unreachable while visiting his errant brother Solomon Clarke (Daniel Ward) in Antigua. Suspecting that something has gone very wrong, Naomi and Commissioner Selwyn Patterson (Don Warrington) set out to retrace Mervin's steps and see if they can find their missing colleague.

'This is my favourite episode of the series, because Naomi has the opportunity to work closely with the Commissioner,' says Jackson. 'I always love it when Selwyn gets his hands dirty, and in this one we get to work together a lot.'

Meanwhile, Sergeant Mattie Fletcher (Catherine Garton) is left in charge back on Saint Marie, with Mayor Catherine Bordey (Élizabeth Bourgine) offering her services to the short-staffed police.

'All of the dynamics shift, and you get to see different people working with each other,' says Garton. 'I was really excited, because Élizabeth and I had only really done about one scene together before this – she's fabulous in this episode.'

POISONING?
The week's second offering revolves around the murder of Saint Marie's agony aunt, Hortense LeRoux (*The Durrells*' Anna Savva), on the morning of her retirement. It appears she was killed by a toxin that was coating the pages of her newspaper – possible suspects include her daughter Esme (*The Serpent Queen*'s Emma McDonald) and her ex-hubby, newspaper editor Anton Busette (West End star Gary Wilmot) – while Mervin is fixated on an incongruous hard-boiled egg found at the crime scene.

'This whole season has been an absolute joy,' says Garton. 'There's been something in every episode that's been really memorable for me. They're all so different, and they've each got a little bit of their own sauce – you never know what's going to happen.'

Esme, Hortense and Anton

Keeping watch

Holliday Grainger and Ben Miles return for more intrigue in surveillance drama *The Capture*

NEW THRILLER

The Capture

Sunday, 9pm, BBC1

BBC1's timely high-tech thriller *The Capture* is back for a third series, which will once more explore whether seeing really is believing.

Last time out, unflinching cop Rachel Carey (Holliday Grainger) managed to expose Correction – the secret video-manipulation programme being used by the UK intelligence service – with the help of ambitious MP Isaac Turner (Paapa Essiedu).

Now, the new six-part run is set a year on. Isaac is Home Secretary, while Rachel is relishing her role as Acting Commander of SO15 Counter Terrorism Command. As she waits to hear whether she will officially land the job of Commander, she is overseeing Operation Veritas, a pioneering CCTV system – dubbed 'Carey Cams' – aimed at combating deepfakes.

But when a shocking act of terror occurs, Rachel desperately tries to establish the motivation behind it, as a dark conspiracy with wide-reaching tentacles unravels.

'Rachel wants the top job and thinks that she's earned it – but it might not go her way,' teases Grainger, 37, whose other credits include *Strike* and *The Stolen Girl*. 'She's at the heart of this investigation, but she's out on her own trying to decide who she will trust – or not.'

Holliday Grainger as Rachel Carey

Ben Miles as Danny Hart

TWISTED TIMES

As she puts herself on the line to uncover the truth, Rachel crosses paths again with shady CIA agent Frank Napier (Ron Perlman) and ruthless journalist Khadija Khan (Indira Varma). Meanwhile, icy Gemma Garland (Lia Williams), who was suspended from SO15 amid the Correction controversy, is also back, along with Rachel's ex-boss Danny Hart (Ben Miles), who resigned from SO15 but has been called to give evidence at a public inquiry into Correction.

'Danny threw in the towel because of his conscience,' says *Andor* and *Hijack* star Miles, 59. 'He and Garland are now outside looking in and helping – and

WORDS: CAREN CLARK, ELAINE PENN. PHOTOS: BBC, ITV

interfering. Danny still has concern and admiration for Rachel and will guide when he can. But he also gets drawn back in because of what's gone on before. Things become more intricate and complicated.'

A host of new faces also appear this time, including Hugh Quarshie (*Holby City*) as police veteran Commissioner Cameron Yates and Andrew Buchan (*Code of Silence*) as terse Deputy Commissioner Julian Talbot, while Killian Scott (*Kaos*) has a pivotal role as enigmatic Noah Pierson.

'Killian plays Pierson brilliantly,' says Grainger. 'I had scenes with him that were different from those I had with other protagonists. At first, I had no idea who his character actually was or what the outcome would be. I decided not to know what was happening until I read the scripts because I didn't want to spoil my experience.'

Miles agrees that writer Ben Chanan has upped the ante this series with the drama's trademark twists and turns.

'When you read Ben's scripts, you're unaware of time passing – they're thrilling, funny and sharp,' he reflects. 'It's as good, if not better, than Seasons 1 and 2. Every character is different at the end of this series than they were when they began. There's a lot of revelation…'

Combating a terror attack

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

Can Todd escape Theo's clutches?

CORONATION STREET

Crisis point for Theo and Todd

» **Theo's birthday celebrations** are overshadowed by his continuing manipulation of Todd. Underwhelmed by his gifts, Theo invites Gary and Maria to join him and Todd at the Bistro, giving stunned Todd the bill to settle. As if the embarrassment of his lack of funds wasn't enough, Todd later feels Theo's wrath when he's accused of ruining his fiance's special day. Ordering Todd to go out to buy a bottle of wine, Theo's rage intensifies when Todd suggests coffee instead.

An awkward time at the Bistro

The consequences of Todd's lack of compliance force him to call in sick the next day, while Gary spots that Theo's spent the night in his van. Calling in at the flat to pick up some clothes for Theo, Gary sees the aftermath of the couple's fight. Todd tells his friend that he wants to patch things up, so Gary summons Theo home.

With emotions running high after their summit, it's clear Theo's still in charge. And when James guides a drunken Todd home from the Rovers, Theo is lurking in the shadows…

» **PLUS** Megan fears flatmate Leanne has rumbled her sordid secret, Maggie's disparaging when Ben tells her he's accompanying Steve to Jim's funeral, and will Amy or Lauren win Ollie's heart?

ALSO IN THE SOAPS THIS WEEK…

EMMERDALE

» Crumbling under the pressure of his cancer diagnosis, blackmail and his wife's imprisonment, Cain finally tells Moira the truth (above), Rhona considers Graham's ultimatum, and Paddy learns if Bear can be discharged from the secure unit.

EASTENDERS

» When matters come to a head between Ravi and Mark (above), Priya realises the state of Ravi's mental health, Lauren's joy about her dad's investment in the car lot is short-lived when she's attacked, and Vicki asks for Phil's help.

We promise to never put down a healthy dog.

Please promise to leave a gift in your Will to give dogs a lifetime of love and care.

A gift in your Will to Dogs Trust can help take care of around 14,000 dogs in one of our 21 rehoming centres, located all across the UK. We need the help of kind people like you to give abandoned dogs the happy and healthy life they deserve.

To get your free guide about gifts in Wills
E: infopack@dogstrust.org.uk or T: 020 7837 0006

Please quote **"1058096"**, or complete the coupon below.

☐ **Please send me a free guide about gifts in Wills.**
(Please fill out in block capitals)

Title	**First Name**
Surname	
Address	
	Postcode 1058096

From time to time we would like to send you exciting updates about our work, products, services and how you can support us, including fundraising activities and research by post. If you'd rather not receive these mailings, please tick here ☐

We treat your personal information with care and respect your privacy. We do share your information with Dogs Trust and its subsidiaries. Your personal information is never shared with third parties for their own marketing purposes. It may be processed on our behalf by carefully selected partners. For more information about how we look after and analyse your data, please visit our privacy policy: **dogstrust.org.uk/privacy**.

Please send this coupon to: **FREEPOST DOGSTRUSTL** (No stamp required.)

Registered with FUNDRAISING REGULATOR

A dog is for life®
dogstrust.org.uk

© Dogs Trust 2026

Registered Charity Numbers 1167663 & SC053144
Co. Ltd 09365971

Dad influence

Steve Carell stars as a protective father in a campus comedy

NEW COMEDY
Rooster
Monday, 10pm, Sky One

***The Office* star** Steve Carell and *Ted Lasso* co-creator Bill Lawrence form a match made in comedy heaven as they join forces for Sky's new 10-part US sitcom about a father reconnecting with his daughter.

Carell plays successful author Greg Russo, who is nicknamed Rooster after the main character featured in the bestselling novels he writes.

Greg is invited to speak at the fictional Ludlow College, where his professor daughter Katie is struggling after her British husband, fellow academic Archie (*Ted Lasso*'s Phil Dunster), cheated on her with a student.

'I read the script and it was one of the best comedy pilots I've read,' says Carell, 63. 'Pilots are the hardest to write. You're creating a world and introducing it to an audience, and you have to do it quickly and efficiently and be funny at the same time.'

RECONCILIATION PLAN

Katie is in trouble on campus after burning down Archie's faculty house in revenge, and is less than thrilled at the prospect of her father turning up in her life during a personal crisis. But after he speaks to Archie, Greg is convinced the couple still have a future together.

Desperate for Katie not to be fired, he strikes a deal with the college's president (John C McGinley) – if Katie is kept on, then Greg will stick around as a guest lecturer.

Meanwhile, Greg is still processing his own divorce from Katie's mother. And after bonding with poetry professor Dylan (Danielle Deadwyler), he reflects on his own marriage and wonders if he's partly responsible for his daughter's misfortunes.

Stars Steve Carell and Charly Clive

FATHERS' FEARS

'The show is loosely based on the fact that Steve and I have very tight relationships with our daughters who are young adults,' explains Lawrence, 57, who wrote the show with his frequent collaborator Matt Tarses. 'That relationship is complicated because, of course, you want to protect them, when the truth is that you're just kind of protecting yourself.'

The role of Katie is played by British star Charly Clive – best known for *Pure* and *The Lazarus Project* – who is starring in her first US project.

'Steve took me around the Warner Bros studio lot in a buggy because I'd never seen it before,' reveals Clive. 'I wasn't surprised at how kind he was because you hope that's the case when you meet your hero. But I was very glad that we were all right about him.'

WORDS: SEAN MARLAND. PHOTOS: SKY

LOOK WHO'S BACK...

A familiar face appearing in a new show this week

Claudia Winkleman

NEW

The Claudia Winkleman Show

Friday, 10.40pm, BBC1

Known for her razor-sharp wit, playful irreverence and full-fringe glamour, the 54-year-old star is best known as the hugely popular host of BBC1's *The Traitors*. Early presenting jobs included *Talking Telephone Numbers* (1997) and *Liquid News* (2002-4), while she was the long-time co-host of BBC1's *Strictly Come Dancing* and fronts C4 reality competition *The Piano*. A keen dog lover, she recently joined C4's presenting team at Crufts.

HER NEW SHOW

This week, Winkleman fulfils her ambition to host her own chat show. From the team behind *The Graham Norton Show*, each instalment sees her welcome stars onto her green sofa – and this week they include Hollywood star Jeff Goldblum, actor Vanessa Williams, and Jennifer Saunders. 'My job is to make sure the guests have a great time and feel relaxed,' says Winkleman. 'I imagine I'll ask them about their favourite biscuits and their dog. We'll soon find out how it goes!'

Claudia Winkleman

Brenda Blethyn as Emma Harte

Jessica Reynolds as young Emma

Brenda Blethyn and Jessica Reynolds star in a classic tale about a plucky maid's changing fortunes

Rags to riches

Sharon D Clarke as DCI Ellis

Detectives Ellis and Harper tackle a suspicious death

Peak partners

NEW DRAMA

Ellis

Tuesday & Wednesday, 9pm, 5

Old grudges and hidden pasts are at the heart of two murder cases when 5's detective drama returns for a second season starring Sharon D Clarke as sharp-minded and tenacious DCI Ellis.

The first season was broadcast in 2024 and the 59-year-old says she is delighted to be back in the picturesque Peak District.

TWISTED TALES

'Viewers can expect more twists and turns, more beautiful locations and more wonderful guest stars as well as lots of clues to trip you up and red herrings to make your head spin,' she smiles. 'Every TV series should step up each time it comes back and

WORDS: NICK CANNON, CAREN CLARK, TESS LAMACRAFT, RICHARD MCCLURE, VICTORIA WILSON.
PHOTOS: 5, BBC, C4, NATIONAL GEOGRAPHIC, SHUTTERSTOCK

NEW DRAMA

A Woman of Substance

Wednesday & Thursday, 9pm, C4 (box set, Channel 4 Streaming)

Barbara Taylor Bradford's 1979 novel *A Woman of Substance*, about spirited housemaid Emma Harte, who becomes a wealthy businesswoman, was adapted in 1985 for an acclaimed drama starring Jenny Seagrove and Deborah Kerr.

Now, C4's new eight-part version, which begins with two episodes this week, sees Brenda Blethyn as Emma, who, when the drama begins in New York City in 1975, is almost 80 and is the world's richest woman after founding global corporation Harte Enterprises.

Emmett J Scanlan as Adam Fairley

INDOMITABLE

'It's been hard for someone like Emma to succeed. She has steel. She's accused of putting work before family, but she's done what she had to,' says *Vera* star Blethyn, 80. 'Her achievements come from sheer hard work, grit, daring and not taking no for an answer.'

Amid the discovery that her scheming children are plotting a coup, the action flashes back to 1911, where young Emma (Jessica Reynolds), the daughter of impoverished labourer Jack Harte (Will Mellor), is a maid at Fairley Hall in Yorkshire, the home of mill owner Adam Fairley (Emmett J Scanlan) and his troubled wife Adele (Leanne Best).

But when Emma falls in love with and becomes pregnant by the Fairleys' son Edwin (Ewan Horrocks), the consequences lead her to embark on a quest for revenge on the Fairleys and a bid to make her fortune.

'Emma's driven by the desire to better herself, rather than living for a man,' explains Ireland-born Reynolds, 27, whose credits include *Outlander* and *House of Guinness*. 'From a young maid with working-class fire inside her, to when she becomes a different version of herself to survive, her drive and determination never falter.'

Meanwhile, Blethyn felt a personal connection to the story, as it brought back memories of her parents, who were both in service.

'My mum was a kitchen maid in a posh house and worked her way up to become a lady's maid, as Emma does, and it's where she met my dad, who was the chauffeur,' she reveals. 'Emma's resilience and work ethic were instilled in us as kids, too. If you want something, you work hard for it.'

Harper and Ellis

that's what we've done.'

The first murder investigation, played out across this week's two episodes, sees Ellis and her right-hand man, DS Harper (*Outlander*'s Andrew Gower), called to the fictional village of Ashenham where a respected local businessman, Peter Barron (James Doran), has been found dead in mysterious circumstances.

As their investigation gets under way, they discover the victim had upset the villagers with his scheme to provide work for former prisoners. But is this a motive for murder?

FIRM FRIENDS

'Ellis was very much a loner in Season 1, but this time we see how her partnership with Harper has blossomed,' says Clarke. 'She is learning to trust him and she knows he's got her back, which is not something she's been used to.

'It's been glorious to work with Andy again. He's had my heart ever since we met for Season 1 and I feel very blessed to be able to count him as a mate now. We have a shared love of music, he's brilliant at improv, he's sparky and he makes me laugh. I always love our scenes together.'

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

NEW

Laid

Monday, 9.35pm, E4 (box set, Channel 4 Streaming)

In this US mystery romcom series, Stephanie Hsu plays Seattle singleton Ruby, who finds out that her former lovers are dying in unusual ways. As her best friend AJ (Zosia Mamet, above with Hsu) helps Ruby begin to confront her previous behaviour, she tries to find a pattern that explains the deaths. Is it a coincidence, or is there a supernatural reason?

NEW

Trying

Monday, 10.40pm & 11.05pm (times vary), BBC1

The eight-episode third season throws Jason and Nikki (Rafe Spall and Esther Smith, both right) into the deep end as they're finally parenting Princess and Tyler – two children they barely know. And as sleepless nights, school dramas and family chaos mount, their relationship is tested to the limit as they struggle to stay sane and keep the siblings together.

• ***Previously shown on Apple TV in 2022***

NEW

Kerry Godliman: Bandwith

Monday, 10pm, Comedy Central

Whitstable Pearl* and *After Life star Kerry Godliman (right) returns to the stage for this stand-up special recorded live at London's Comedy Store. Among the subjects on her radar are wellness, influencers, robots and fashion, while she also asks if her increasing grumpiness is a result of falling oestrogen levels, or just the fact the world is so awful?

NEW

Car S.O.S.

Thursday, 8pm, National Geographic

Wednesday* and *Amandaland star Dame Joanna Lumley turns up in the first episode of the latest series of *Car S.O.S.* when she helps to stage a surprise reveal for the owner of a 1958 Austin-Healey Frogeye Sprite. After sitting in the garage of 82-year-old owner John for 50 years, the car is lovingly brought back to life by mechanics Tim Shaw and Fuzz Townshend (pictured with Lumley).

Claire and Jamie (both centre) face an uncertain future

Time to say goodbye

Century-hopping drama *Outlander* reaches its **epic conclusion**

MGM+

Outlander

NEW *Available:* ***Saturday 7 March***
Genre: ***Drama*** *Season:* ***8***
Episodes: ***10 (released weekly)***

Since it began back in 2014, time-hopping drama *Outlander* has captivated viewers with the stirring romance between 18th-century Scottish soldier Jamie Fraser (Sam Heughan) and his 20th-century-born wife, Claire (Caitriona Balfe). Now, it's time for the eighth and final chapter of the saga…

Until now, the story has been based on the series of novels by US author Diana Gabaldon, but with the 10th and last instalment yet to be published, this concluding 10-part season has gone beyond its source material to create an ending for the couple who met when 1940s nurse Claire was transported to 1743 via a circle of stones in Scotland.

'It was the first time we didn't get an overview of the season,' says Balfe. 'We got the first two scripts and then it was all a surprise as we went along.'

The final season picks up in 1779 with Jamie and Claire returning from fighting the cause in the American Revolutionary War to their North Carolina homestead Fraser's Ridge, where they are met by some new arrivals and find there have been a few changes in their absence.

With them is the couple's young charge Fanny (Florrie Wilkinson), who, after a major cliffhanger at the end of the previous season, seems to be the offspring of their long-dead daughter Faith. Could she really be their granddaughter?

They are also joined by Jamie's nephew Young Ian (John Bell) and his wife Rachel (Izzy Meikle-Small) and reunited with their time-travelling daughter Bree (Sophie Skelton), her husband Roger (Richard Rankin) and their kids, who have decided to settle in the 1770s.

Stars Caitriona Balfe and Sam Heughan in the first season

However, usually stoic Jamie is rattled when Bree presents him with a history book from the future that cites the date of his death…

'He's always been fine with his mortality, but in this season he has to face it head-on,' says Heughan. 'It's less about him dying and more about the people he leaves behind.'

With other factors at play, including the threat of intruders and family secrets coming to light, could it spell disaster for the couple, their loved ones, and the place they call home?

'One of the great things about this show is that it's always throwing us these curveballs and these surprises,' says Balfe. 'This show has been a quarter of our lives, 11 years, eight seasons, 101 episodes. It's been quite the journey. Wrapping it up, it felt like a huge achievement. It felt very emotional. There's a lot of pride and gratitude for what we've had.'

WORDS: CAREN CLARK, JUDY EWENS, MICHAEL DARLING. PHOTOS: ©2026 DISNEY & ITS RELATED ENTITIES, GETTY, MGM+, NETFLIX, © MMXXV ETERNITY PRODUCTIONS LLC AND APPLE VIDEO PROGRAMMING LLC. ALL RIGHTS RESERVED, FX

What we're watching...

The shows being enjoyed by the *TVSW* team

NETFLIX How to Get to Heaven from Belfast

Genre: Comedy Season: 1 Episodes: 8

Derry Girls creator Lisa McGee does not disappoint with her latest series – an entertaining comedy mystery full of dark humour, moments of pathos and wonderfully eccentric characters. Roisin Gallagher, Caoilfhionn Dunne and *Unforgotten*'s Sinéad Keenan (all above) are fabulous as three old school friends who learn that the estranged fourth member of their teenage group is dead. The trio go to her home town for the funeral, and when they discover that the body in the coffin is not hers, it is the start of a crazy and at times dangerous adventure.

Disney+ Love Story

Genre: Drama Season: 1 Eps: 9 (released weekly)

Sarah Pidgeon and Paul Anthony Kelly give convincingly realistic performances in Ryan Murphy's drama about the turbulent and tragic relationship of fashion PR Carolyn Bessette and John F Kennedy Jr.

tv Eternity

Genre: Romantic comedy Eps: One-off

A love triangle with a twist – in the afterlife, Joan (Elizabeth Olsen) must decide whether to spend eternity with her first love (Callum Turner), who died young, or her spouse of 65 years (Miles Teller).

Now in production...

Three upcoming shows to look out for soon

NETFLIX Wednesday

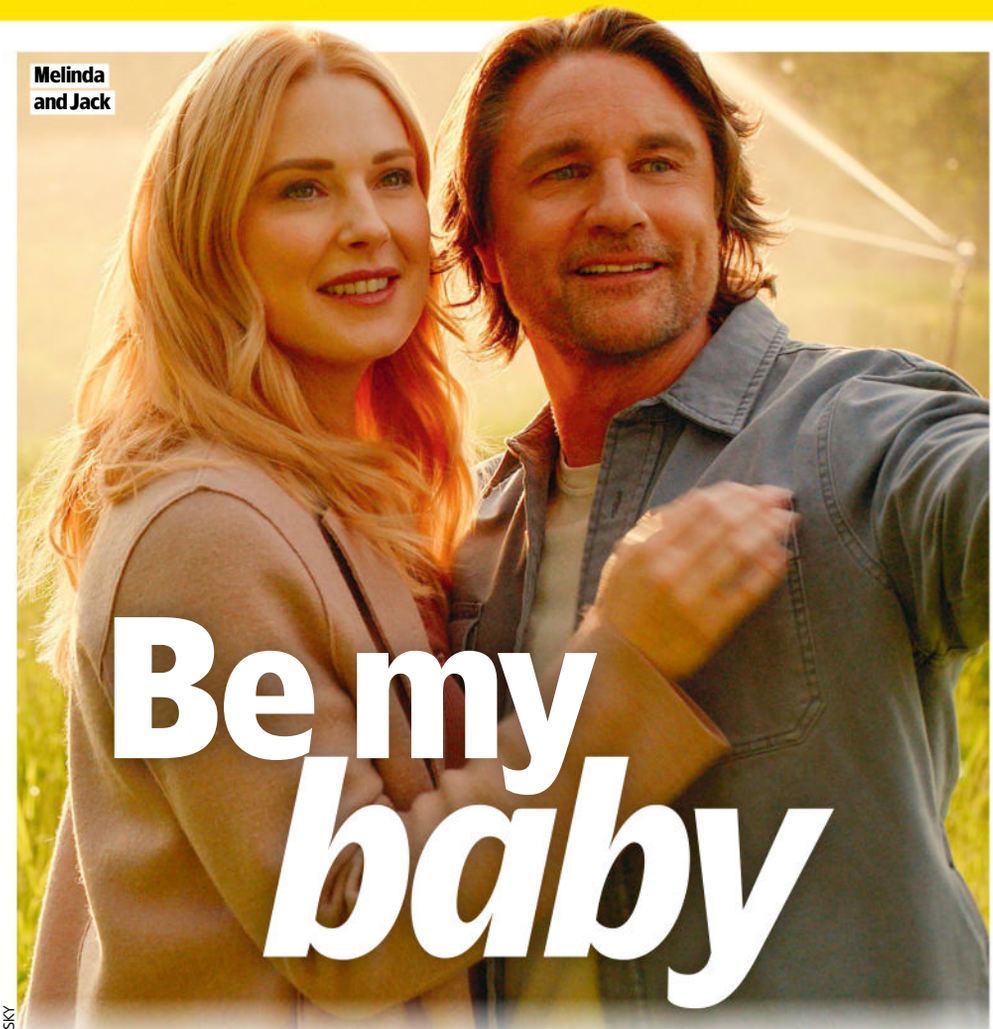
The third run of Netflix's kooky take on *The Addams Family* will see Winona Ryder (above) appear as enigmatic Tabitha, along with Chris Sarandon, Noah Taylor, Oscar Morgan and Kennedy Moyer, while Eva Green is Ophelia, the sister of Morticia (Catherine Zeta-Jones).

prime The Assassin

Prime Video's thriller, starring Keeley Hawes (above) as ex-hired killer Julie and Freddie Highmore as her son Edward, will return for a second six-part season. This time, the bickering duo must team up to delve into the dangerous Spanish underworld.

NETFLIX One Attempt Remaining

John Cena (above) is joining the cast of Netflix's comedy, which follows a divorced woman (Jennifer Garner), who must work with her ex to find a password and access a fortune they won in cryptocurrency years before. Kate McKinnon also stars.


Melinda and Jack

Be my baby

Can newly-weds **Mel and Jack** finally become parents?

NETFLIX Virgin River

NEW *Available: Thursday 12 March*
Genre: Drama Season: 7 Episodes: 10

The beautiful California backwater of Virgin River looks like the ideal place to get away from it all and enjoy the quiet life. But as Netflix's longest-running scripted series returns, the lives of its residents are just as dramatic as ever.

Following their picture-perfect wedding at the end of Season 6, midwife Mel (Alexandra Breckenridge) and bar owner Jack (Martin Henderson) must weigh up a potential chance to become parents when the adoption plans of a pregnant patient of Mel's fall through.

'We saw the tragedy with the miscarriage in Season 5, and Mel ultimately deciding that, with all the past trauma that she's experienced around not being able to conceive or losing babies, she's done,' says Henderson.

'It was really interesting to see the couple go through something so dark together and then find a way through that actually made them closer and stronger. Out of that is born this idea that they can still have their dream – but it just might look a little different.'

Meanwhile, the future is looking less rosy for Jack's sister Brie (Zibby Allen) and her detective boyfriend Mike (Marco Grazzini), who popped the question at the wedding despite knowing Brie had been unfaithful with Dan Brady (Benjamin Hollingsworth).

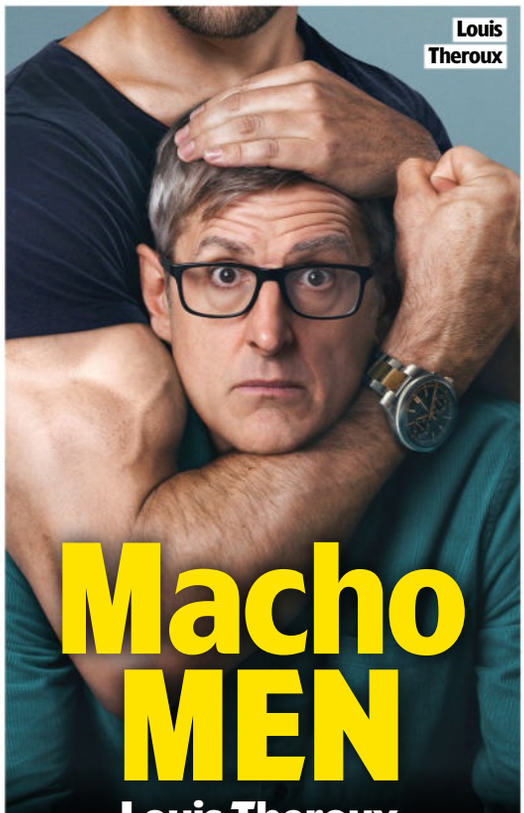
ROCKY ROAD

'There's a lot to reconcile and to figure out between Brie and Brady, and Mike and Brie,' says Hollingsworth. 'I won't say that the love triangle necessarily continues, but I will say that it's a season-long journey that will have its ups and downs.'

And while Mike attends a crime scene at the home of Jack's ex Charmaine (Lauren Hammersley) at the start of the first episode, Brady has some criminal activity of his own to investigate, having been duped by Lark (Elise Gatien).

'She's on the run with Brady's money,' says Hollingsworth. 'He tracks Lark down and has to figure out what to do with the money. That's a big question for him, and maybe more complex than he thought.'

Mike and Brie


Louis Theroux

Macho MEN

Louis Theroux investigates the world of 'male supremacy'

NETFLIX Louis Theroux: Inside the Manosphere

NEW *Available: Wednesday 11 March*
Genre: Documentary

Louis Theroux makes his first documentary for Netflix when he takes a deep dive into the manosphere – the world of online influencers who are controversially shaping young men's ideas about masculinity, and which was recently explored in award-winning drama *Adolescence*.

'It's a hot subject,' says Theroux. 'The film is nothing like *Adolescence* but it's in the precinct of what the boy in *Adolescence* might have been watching.'

As Theroux explores how 'male supremacy' is affecting both men and women, he travels to Miami, New York and Marbella to meet a range of influencers, including British car fanatic Harrison Sullivan, aka HSTikkyTokky – who tells his young followers how to achieve 'the dream' – and right-wing American Myron Gaines, who has authored a book entitled *Why Women Deserve Less*.

While making the project, Theroux found himself being filmed by his subjects who posted the encounters on their own podcasts and social-media platforms.

'I knew they would be streaming or filming me and would put that content out,' says Theroux. 'Sometimes it was kind of embarrassing. I'd arrive back from filming trips and my kids would say, "Dad, what you were doing? You got owned." That's a little bit painful – but it actually makes for a stronger film.'

WORDS: CAREN CLARK, IAN MACEWAN, REBECCA MAHONEY, RICHARD MCCLURE. PHOTOS: BBC, C4, ITV, NETFLIX, SKY

Pirates in peril

Nami, Luffy and Usopp on deck

The Straw Hat crew set course for **treacherous waters** as the fantasy epic returns

NETFLIX One Piece: Into the Grand Line

NEW *Available: Tuesday 10 March*
Genre: Fantasy Season: 2 Episodes: 8

Shiver our timbers! The swashbuckling fantasy saga based on Eiichiro Oda's top-selling manga series sets sail into the formidable Grand Line sea for a second, eight-part voyage.

With his ragtag Straw Hat crew, Monkey D Luffy (Iñaki Godoy) takes the helm of their mission to find the ultimate treasure, the legendary One Piece, and claim the crown as King of the Pirates.

Along with Roronoa Zoro (Mackenyu), Nami (Emily Rudd), Usopp (Jacob Romero) and Sanji (Taz Skylar), Luffy kicks off his quest in the port of Loguetown, where famous pirate king Gold Roger (Michael Dorman) was sentenced to death.

Tony Tony Chopper

But as they plan to load up with provisions for the epic journey ahead, fresh dangers emerge on the horizon as the secret society of assassins known as Baroque Works has new agents in the field, including Mr 0 (Joe Manganiello), Miss All Sunday (Lera Abova) and Miss Wednesday (Charithra Chandran).

'Season 1 ended with the Straw Hats coming together as a crew. Now they're ready to go into the Grand Line and search for that treasure,' says Godoy, 22. 'It's a mysterious place and no one really knows what the danger there might be, but there are new monsters, new enemies, new islands and new pirates. The crew goes to many different places: a snowy kingdom; Little Garden, which has dinosaurs and giants; and Whisky Peak, which has about 100 assassins. The new characters are super exciting.'

The crew meets a giant whale

Married… with Children's Katey Sagal plays Dr Kureha, mentor to reindeer-boy hybrid Tony Tony Chopper (voiced by *Superman*'s Mikaela Hoover). Other new additions include merciless military man Smoker (Callum Kerr) and marine officer Tashigi (Julia Rehwald).

'The first thing we see when we enter the Grand Line is a huge whale in our way,' says Godoy. 'I'm excited for people to see Season 2. It's more fantastical, magical and just more grand.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

BBC iPLAYER The Walsh Sisters

In BBC1's adaptation of Marian Keyes' novels about five close-knit Irish siblings, Anna (Louisa Harland) is concerned about party-loving sister Rachel (Caroline Menton). But then a devastating accident changes the family's lives forever.

4 Dirty Business

Peter (Jason Watkins, above left) and Ash (David Thewlis) find fish dying in their local river in C4's drama, inspired by real events. They get a tip about the dumping of sewage, while a link emerges to the tragic death of a child from E. coli.

ITVX The Lady

In ITV1's semi-fictionalised drama about Jane Andrews, who killed her lover Thomas Cressman, the already troubled royal aide (played by Mia McKenna-Bruce, above) sees her life spiral after she loses her job with Sarah Ferguson.

sky box sets NOW Virgin media The Dyers' Caravan Park

Danny Dyer and daughter Dani attempt to overhaul a holiday park on the Isle of Sheppey in Sky One's reality show, but there is tension when they host an ice-breaking meeting with staff and residents.

PLANT NOW for Blooms this Spring

"THE BEST Hardy Shrub For Year-Round Colour!"

Nandina (Sacred Bamboo) 'Fire Power' The most colourful variety ever!

Nandina 'Fire Power' is hardy, tough as old boots yet immensely pretty too.

Why Choose the Nandina 'Fire Power'

With its clumps of bamboo-like canes holding lush foliage that is present all year round, changing colour from yellow-green through bonfire-orange, to deep purple-red in autumn, in a glorious show of winter colour! What's more, you'll get pretty white summer blossom and lovely red berries in winter too! Perfect for a pot on a patio or balcony, it also makes a perfect addition to any shrub border, giving much- needed structure and colour even when many plants have long faded. Supplied as an established plant in a 2 litre pot. Eventual height 50cm.

- ✔ **Spectacularly vivid year-round foliage displays!**
- ✔ **Colour changes from lush green, to yellow, orange and then deep-red!**
- ✔ **Perfect for a large pot or garden border**
- ✔ **Beautiful summer blossom AND winter berries too!**
- ✔ **Totally winter hardy and easy to grow**

Nandina 'Fire Power' - SAVE up to £20!

Well established plant in a 2 litre pot.

SAVE £5 **£14.99** for one plant (Normally £19.99) - **ITEM CODE: 510823**

SAVE £20 **£19.98** for two plants (Normally £39.98) - **ITEM CODE: 510823**

Just £9.99 a plant!

BONUS OFFER £5 OFF

Acer palmatum 'Orange Dream'

Normally ~~£14.99~~ Offer £9.99

The stunning, ever-changing foliage of this Japanese maple changes colour throughout the year, producing an amazing variety of tones at different seasons. Grows to 3m.

ITEM CODE: 510138

NANDINA 'FIRE POWER'

JUST Normally ~~£39.98~~

£9.99 EACH

WHEN YOU BUY TWO FOR £19.98

£20 OFF!

in association with TV&Satellite week

This simply stunning shrub is one of the finest, most colourful you can grow and is a must for any winter garden!

TOTALLY WINTER HARDY

12 YEARS TRUSTED SERVICE

Gold Trusted Service Award feefo

143,000+ reviews

★★★★★ feefo

YOUR DOUBLE GUARANTEE

1. If you're not totally happy with your order, return it within 30 days and we'll replace or refund in full.
2. Should any hardy plants fail to thrive thereafter, we will replace free of charge. You just pay the P&P.

Peter McDermott, Head Gardener

Peter

you garden

3 EASY WAYS TO ORDER NOW!

Shop online anytime:

www.YouGarden.com/TVSW419

0844 502 0050

Calls cost 5p per min plus your network's access charge.

USE CODE: TVSW419

or by post using coupon opposite to:
Offer TVSW419, YouGarden, PO Box 1468, Peterborough, PE1 9XL

Please cut out and send this coupon to: Offer TVSW419, YouGarden, PO Box 1468, Peterborough, PE1 9XL

YOUR ORDER DETAILS

Item	Description	Price	Qty	Subtotal
510823	Nandina Domestica 'Fire Power' 2 litre pot SAVE £5	£14.99		
	2 x Nandina 'Fire Power' SAVE £20	£19.98		
These special offers go perfectly with your Nandina 'Fire Power'				
510138	Acer palmatum 'Orange Dream' 10.5cm Pot SAVE £5	£9.99		
100125	Twin Pack 50L Professional Compost SAVE £18! FREE P&P!	£24.97		
You must use offer code TVSW419 to get these exclusive prices!		P&P	£6.99	
		Total		

YOUR PAYMENT DETAILS

I enclose a cheque/Postal Order payable to **YouGarden** (include your name and address on the back) for £ or charge my Visa / Mastercard:

Card No. Issue No.

Start Date Exp Date

YOUR DELIVERY DETAILS

Mr/Mrs/Ms/Miss Initial Surname

Address

Postcode

Email

Tel

Orders dispatched within 5-7 working days. Delivery to UK only and a £3.00 surcharge will apply to the following postcode areas: AB, DD8-11, GY, HS, IM, IV, JE, KA27-28, KW, PA20-80, PH19-50, TR21-25 & ZE. Offer subject to availability and in the event that this offer is oversubscribed, we reserve the right to send suitable substitutes. Images show mature plants. See website for full product details and T&Cs. Following Brexit there are a number of changes that prevent us from trading in N. Ireland. For further details please visit www.yougarden.com

If you do not wish to receive catalogues & offers from us, please tick here ☐. We think you'd enjoy some of the latest products and selected offers by post from other trusted retailers, charities, finance, travel, FMCG and utility companies. If you do not wish to receive these, please tick here ☐. Full details at YouGarden.com/Privacy.

Pick of the new releases

The best new shows to enjoy this week on streaming services...

Outlander

Saturday 7 March

The epic time-travel love story of Jamie and Claire Fraser (Sam Heughan and Caitríona Balfe) concludes in the eighth and final season of the historical fantasy. The couple are now confronted with the question of what they are willing to sacrifice for the place they call home and, more importantly, to stay together. See feature, page 14.

Beastars

Saturday 7 March

The second half of the final season of the Japanese animé set in a world inhabited by civilised, anthropomorphic animals where there is a cultural divide between carnivores and herbivores.

Paradis City

Saturday 7 March

Swedish action thriller. In the near future, Sweden's most dangerous districts have been sealed off, governed by their own laws. When the Minister of the Interior is kidnapped in the largest area, Paradis City, a security officer and a former MMA fighter team up to launch a treacherous rescue mission.

Sesame Street

Monday 9 March

The second season of the educational children's series for preschoolers features magical dragons, flying bikes and new ways to play along. Joining the show's favourite characters, such as Elmo and Cookie Monster, will be guest stars including Miley Cyrus.

I Swear

Tuesday 10 March

Biographical drama based on the true story of John Davidson. Living with Tourette's syndrome in 1980s/90s Scotland in a society that does not understand his condition, Davidson becomes a campaigner to increase awareness. Starring Robert Aramayo and Maxine Peake. See review, p24.

One Piece

Tuesday 10 March

The second season of the fantasy adventure based on the manga series sees pirates the Straw Hats, led by Monkey D Luffy (Iñaki Godoy), set sail for the Grand Line in search of One Piece – legendary treasure hidden by Gold Roger, the former King of the Pirates. See feature, page 17.

Age of Attraction

Wednesday 11 March

American dating series hosted by Nick Viall and Natalie Joy and filmed in Canada. The singles range from 22 to 60 years old, so will they find that age is just a number when it comes to finding their potential soulmate?

Louis Theroux: Inside the Manosphere

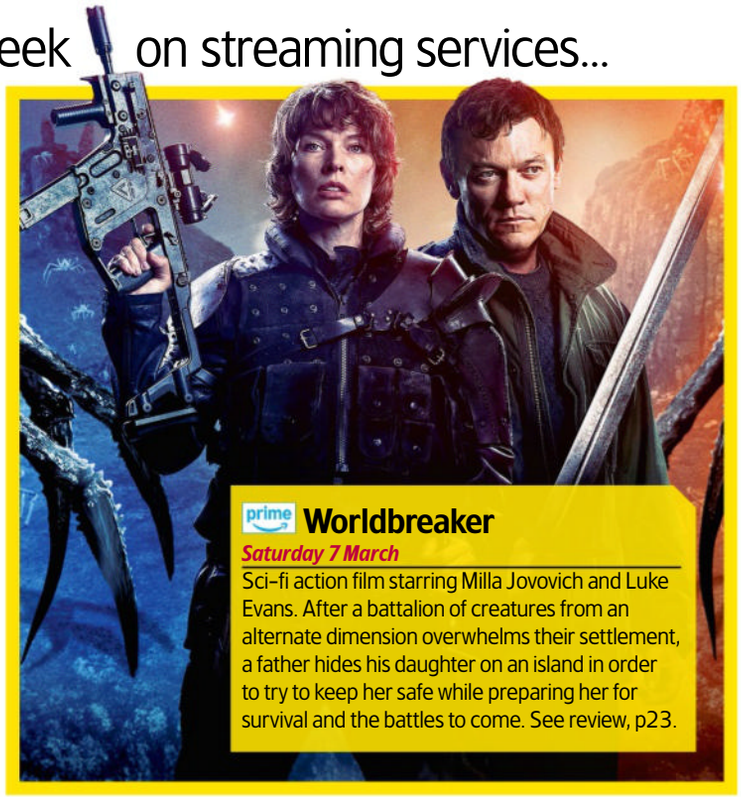
Wednesday 11 March

In his first feature-length documentary for Netflix, Louis Theroux travels to Miami, New York and Marbella to meet the influencers and content creators at the heart of a growing ultra-masculine network. They are reshaping young men's ideas about masculinity and fuelling a global men's rights movement. See feature, page 16.

Scarpetta

Wednesday 11 March

Oscar-winner Nicole Kidman stars as medical examiner Dr Kay Scarpetta, the protagonist in Patricia Cornwell's bestselling series of crime novels. The story unfolds across two timelines – from Dr Scarpetta's early cases in the 1990s to her present-day return to her home town, where she investigates a murder. See feature, page 4.



Worldbreaker

Saturday 7 March

Sci-fi action film starring Milla Jovovich and Luke Evans. After a battalion of creatures from an alternate dimension overwhelms their settlement, a father hides his daughter on an island in order to try to keep her safe while preparing her for survival and the battles to come. See review, p23.

Perfect Wife: The Mysterious Disappearance of Sherri Papini

Wednesday 11 March

True-crime docuseries. On 2 November 2016, wife and mother Sherri Papini disappeared while out jogging near her Californian home. Three weeks later, she was found by the side of the road, having apparently been freed by her abductors. But the real story was less straightforward. Previously shown on Disney+.

The Secret Lives of Mormon Wives

Thursday 12 March

In the fourth season of the reality series, the Utah-based sisterhood of MomTok face the forces of their expanding fame when Taylor is revealed as the latest star of *The Bachelorette* and Jen and Whitney head to *Dancing with the Stars*. Will they still be able to rely on each other?

Virgin River

Thursday 12 March

The seventh season of the romantic drama set in the remote Northern California town of Virgin River. Nurse practitioner Mel (Alexandra Breckenridge) and her new husband, restaurateur Jack (Martin Henderson), pursue their dream of adopting a baby, while Dan (Benjamin Hollingsworth) and Brie (Zibby Allen) navigate the ups and downs of their relationship. See feature, page 16.

Twisted Yoga

Friday 13 March

Docuseries about the experiences of former students from around the world at a tantric yoga school, set up by spiritual leader Gregorian Bivolaru. As the members searched for inner peace and purpose, they began to fear that they had, in fact, joined a cult involving abuse and manipulation.

The Eclipse

Friday 13 March

French crime drama from Walter Presents. While the French village of Bozouls prepares to celebrate an upcoming eclipse, a 17-year-old boy, Luca (Aymeric Fougeron), accidentally shoots his girlfriend. As local police officers Johanna (Claire Keim) and Manue (*The Walking Dead: Daryl Dixon*'s Anne Charrier) investigate, they unearth dark family secrets that threaten to tear their lives apart as the case draws their own children into the mix.

That Night

Friday 13 March

Spanish drama. On holiday in the Dominican Republic, single mother Elena (Clara Galle) accidentally hits a man with her car. Desperate and frightened, she calls her sisters, Paula (Claudia Salas) and Cris (Paula Usero), asking for help. How far will they be willing to go to protect their family?

WORDS: JUDY EWENS. PHOTOS: NETFLIX, PRIME VIDEO, STUDIOCANAL

Documentaries

Never forgotten

Mick North recalls the day his daughter was killed at Dunblane

Parent Mick North

Tributes left at the scene

NEW FACTUAL

Dunblane: How Britain Banned Handguns

Thursday, 9pm, BBC2

On the morning of 13 March 1996, a lone gunman walked into a primary school in the small Scottish town of Dunblane, armed with four handguns that were legally owned.

Within minutes he'd murdered 16 children and their teacher, Gwen Mayor, as well as injuring 15 others before turning one of the guns on himself. To this day it remains Britain's deadliest mass shooting.

DEVASTATING LOSS

'The memories don't go away,' recalls 78-year-old Mick North, whose only child, five-year-old Sophie, was killed in the tragedy. 'I remember being driven by a colleague to the school and sitting with other parents for hours before finally finding out exactly what had happened. It changed everything for me. Losing a child, there's no such thing as a normal life after that.'

Now, to mark the 30th anniversary of the atrocity, a powerful BBC2 documentary *Dunblane: How Britain Banned*

The Repair Shop on the Road

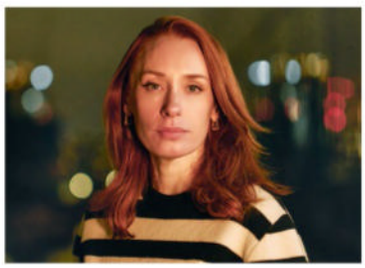
Monday-Friday, 3.45pm, BBC1 (box set, BBC iPlayer)

Siblings Becky, James and Vicky are hoping to restore their late father Graham's acoustic guitar as *The Repair Shop* goes on the road across the UK in this daytime series. Can expert Julyan Wallis (above) return the six-string instrument to its former glory?

Will & Ralf Should Know Better

Monday, 9pm, U&Dave

The last episode of the series sees friends Will Mellor and Ralf Little (both left) face their fears, including performing stand-up comedy at one of Glasgow's biggest open-mic nights. Mellor also helps Little confront his aversion to parenthood at a support group for dads, and they both take a leap of faith on the flying trapeze.



AI Confidential with Hannah Fry

Monday, 9pm, BBC2

In the final episode, Professor Fry (above) revisits the murder of Brian Thompson, the CEO of US healthcare insurer UnitedHealthcare. With Luigi Mangione set to stand trial for the killing this year, Fry examines the alleged use of AI by UnitedHealthcare to deny insurance claims to vulnerable patients.

WORDS: HANNAH DAVIES, NATASHA HOLT, IAN MACEWAN, VICTORIA WILSON. PHOTOS: BBC, GETTY, ARIEL LEON ISACOVITCH, NATIONAL GEOGRAPHIC, SKELLIG ROCK, INC, SKY, U&DAVE

Dunblane primary school

Handguns tells the story of the campaigners, politicians and grieving parents, including North, who came together in the wake of the tragedy to ensure that a massacre like Dunblane could never happen again.

At the time, over 50,000 people in the UK legally owned handguns, and resistance from the shooting community to a ban was fierce. But following mounting pressure from campaigners, a total ban on handguns finally came into force in 1998 under former Prime Minister Tony Blair, who features in the programme.

'I still don't know whether being so involved in the campaign did me good or harm,' admits North. 'But it was something I had to do and I'm proud we succeeded.

'I'm determined that the laws we fought so hard for stay in place'
MICK NORTH

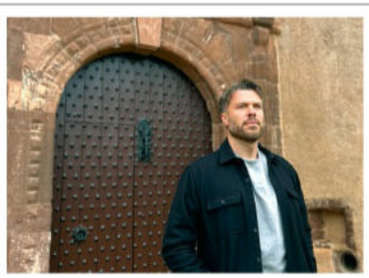
Former Prime Minister Blair

'Every time there's an incident involving knives, I always think how much worse it would have been had the person involved had a gun.

'I'm also aware that, although people might know our gun laws are tough, they won't necessarily know how it all came about. This documentary is an important reminder of that, and I'm determined that the laws that we fought so hard for stay in place.'

Thirty years on, North says Sophie is always in his thoughts.

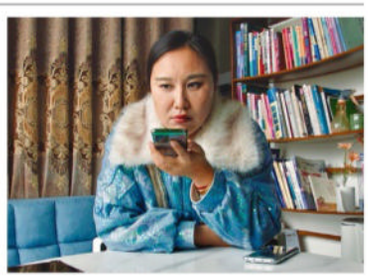
'I've always felt anniversaries tend to be for other people to remember, because there's never a day when I forget,' he says. 'I mean, you just can't forget somebody like Sophie, and you can't forget what happened to her.'



Great British Castle Rescue

Monday, 9pm, Sky History (box set, Sky Box Sets & NOW)

In a three-part series, Rick Edwards (above) visits crumbling castles around the country to see what can be done to save them. This week, he's at Fyvie Castle in Aberdeenshire, which has dominated the landscape for more than 800 years and was the childhood home of Charles I.



Mistress Dispeller

Tuesday, 10pm, BBC4

***Storyville* cameras reveal** a discreet new industry as we follow Chinese woman Wang Zhenxi (above), one of the country's so-called mistress dispellers. Hired by wives whose marriages are threatened by infidelity, these fixers infiltrate the husband's extra-marital affair and dismantle it from within – hopefully restoring the relationship in the process.

Are the ghost elephants real?

Looking for GIANTS

Explorer **Dr Steve Boyes** searches for the world's biggest elephants

Boyes with Henry in the museum

NEW WILDLIFE

Ghost Elephants

Sunday, 8pm, National Geographic WILD, & from Sun 8 Mar, Disney+

South African naturalist Dr Steve Boyes has spent the last decade searching for the fabled elephants of Angola, thought to be the world's largest, but which have never been scientifically proven to exist.

Boyes believes they are a subspecies different to all other elephants in Africa and descendants of Henry, a 13ft, 11-tonne bull elephant. Henry was shot in 1955 and his body is housed at the Smithsonian National Museum of Natural History in Washington DC.

Henry is the biggest elephant on record, but Boyes believes there are more just like him, thriving in Angola's impenetrable highlands.

'For 10 years, I've been in pursuit of Henry's descendants. It's the search for the Earth's largest living land animal – 3ft taller than any living elephant today,' he says. 'I've spent my life living in a dream but dreams can come true.'

In this one-off documentary, Boyes is followed by film-maker Werner Herzog as he embarks on a quest to prove that these elusive 'ghost elephants' are still alive.

IMPRESSIVE SKILLS

For Boyes' search, he teams up with a group of trackers from tribes in Namibia and Angola. 'They are the last master trackers alive,' he explains. 'The last people who can identify an elephant by its footprints and read the landscape like a newspaper.

'Our team travelled on 12 motorbikes and it took two weeks just to get to the valleys where we were going to search for the elephants. We had to float the bikes across rivers on boats we made from bark.'

When the team eventually arrive at the location, they soon make a significant discovery, and Boyes hopes that viewers will be excited by their find.

'You will have to watch the film, but something special has come from this,' he teases. 'I hope viewers join us searching for these extraordinary animals.'

Boyes with the trackers

Films Our pick of this

The Bluff

MOVIE OF THE WEEK

Priyanka Chopra Jonas and **Karl Urban** face off in this brutal, bruising action-fuelled pirate yarn

ACTION ADVENTURE

Available now, Prime Video ★★★★

A seriously salty swashbuckler, this tale of pirates, revenge and buried gold all set on a small Caribbean island may sound akin to the Johnny Depp vehicles, but *The Bluff* is a far gorier take on the genre. Priyanka Chopra Jonas plays Ercell, a once feared buccaneer now living a quiet life on the isle of Cayman Brac with her young son (Vedanten Naidoo) and sister-in-law (Safia Oakley-Green), awaiting the return of her husband (Ismael Cruz Cordova) from sea. Instead, deadly, sadistic pirate Captain Connor (Karl Urban) and his crew of cutthroats arrive, terrorising and killing the locals in the hunt for Ercell and the gold she stole from him...

There's a visceral, eye-wincing brutality to the action sequences from director Frank E Flowers, and Chopra Jonas throws herself into the physical aspects of the movie wonderfully well, transforming from caring mum to blood-soaked killer with aplomb. Urban makes for a mean adversary, too, even if his accent seems to cover half the British Isles.

The script may be on the routine side and the humour flat-footed, but with a heroine to root for and a villain to hiss at, this is a great looking, hugely enjoyable romp. 2026, 15, 104MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, NIGEL PIZEY

More premieres and Day by Day planner ›››

week's Best Movies

SPORTS BIOPIC

Giant

Available now, buy or rent from digital stores including Prime Video and Sky Store ★★★

The story of British-Yemeni featherweight boxer Prince Naseem Hamed doesn't pack as big a punch on screen, or show as much showboating flair, as its subject did in the ring, but it's a more than solid effort all the same. The film's success is largely down to Pierce Brosnan's unshowy performance as Brendan Ingle, the Irish-born trainer who spotted the potential of the fleet-footed little Sheffield boy and guided him to becoming a world champion. Writer-director Rowan Athale shows how the swaggering persona the Muslim Hamed (played with cocky bravado by Amir El-Masry) adopted in the ring came to reflect the laddish spirit of the 1990s (personified by Toby Stephens' flashy boxing promoter Frank Warren). 2025, 15, 110MIN

Pugilist at rest: Amir and Pierce

Cool customers: Chris, Dakota and Pedro

ROMANTIC COMEDY

Materialists

Friday, 8.35am & 8pm, Friday ★★★★

For her follow-up to the quite brilliant *Past Lives*, writer-director Celine Song tackles the romantic comedy, but in her own idiosyncratic way. Dakota Johnson plays a highly successful professional matchmaker to New York's moneyed class, who ends up torn between two men. One is charming, suave millionaire Pedro Pascal, the other wannabe actor and part-time waiter Chris Evans, with whom she had relationship previously. This movie breaks apart the tropes of a romcom to expose the transactional nature of relationships, and whether love can conquer poverty and hardship. It's a smart, elegant film with sly gags bustling next to real-world concerns about the sometimes dangerous business of dating, with all three stars pitch perfect in a quietly grown-up drama. 2025, 15, 116MIN

CRIME COMEDY

Adulthood

Saturday, 8.20am & 12.05am, Sky Premiere ★★★

A pair of fractious siblings slide ever deeper into trouble when they try to cover up a murder in this biting black comedy starring Josh Gad and Kaya Scodelario. Reunited after their mother has a stroke, slobbish failed screenwriter Gad and harried mum Scodelario are horrified when they discover a body buried in the basement of their childhood home, but their efforts to conceal it quickly get out of control. Gad and Scodelario are terrific and, even if the plot goes off the rails towards the end, there is plenty of dark fun along the way. 2025, 2025, 97MIN

Digging deeper: Kaya and Josh

Happier times: Milla, Billie and Luke

SCI-FI THRILLER

Worldbreaker

From Saturday, Prime Video ★★★

After a rift opens up from another dimension, giant creatures (named Breakers) crawl out and set about decimating the human population. With mum Milla Jovovich off fighting the beasts, teen Billie Boullet travels with dad Luke Evans to a remote, bleak island in the hope of safety, where her father will teach her to fend for herself. Although this movie is sold as a familiar slice of dystopian sci-fi, it is in its essence a father-daughter tale and its unshakeable bond. And for a low-budget indie project, this works well considering its constraints, with Boullet and Evans making a convincing family. 2026, 15, 95MIN

Films

BIOPIC

I Swear

From Tuesday, Netflix ★★★★

Brimming with heart and humour, this eye-opening British biopic tells the life story of Scottish campaigner John Davidson, who overcame trauma and prejudice to become an advocate for people like him with Tourette syndrome. Written and directed by Kirk Jones, the film isn't afraid of seeing the funny side of John's condition, with its random tics, twitches and bursts of swearing. But it never lets us lose sight of the suffering he experiences after being diagnosed with the neurological disorder as a teenager in mid-1980s Galashiels.

At school he faces bullying by pupils and teachers alike; at home his stressed working-class mum (Shirley Henderson) can't cope with him; and his job prospects seem zero. He is rescued, however, by the compassion and goodness shown to him, first by a schoolfriend's mother, psychiatric nurse Dottie (Maxine Peake), then by the gruff but kind Tommy (Peter Mullan), the caretaker of a local community centre.

Peake and Mullan deliver fine, very sympathetic performances, as does Scott Ellis Watson, who plays the teenage John. But the film wouldn't work without the brilliance of Robert Aramayo, a surprise but highly deserving Best Actor BAFTA winner, who captures the adult John in all his complexity and charisma. 2025, 15, 121MIN

A right royal greeting: Robert

Hidden gems Great movies you might have missed...

THRILLER

Argo

Prime Video ★★★★

Directed by and starring Ben Affleck, this terrific thriller pulls off the feat of being both funny and suspenseful while telling the stranger-than-fiction true story of an outlandish CIA scheme to rescue six American diplomats from Tehran after Iranian militants stormed the US embassy in 1979. The gripping climactic scenes may lack some authenticity, but Affleck does such a superb job that we can forgive him for the film's few false notes. 2012, 15, 120MIN

COMEDY

Cruella

Disney+ ★★★★

Disney's Dalmation-stealing designer doesn't seem a natural fit for a family-friendly origin story. But this witty, high-energy prequel succeeds by creating its own wild world, in which Emma Stone's monochrome-haired fashion prankster Cruella embarks on a mission to steal back a family heirloom from the hilariously terrifying Baroness (a scene-stealing Emma Thompson). It's full of playful perils that make for a deliciously rowdy ride. 2021, 12, 134MIN

PERIOD DRAMA

Mank

Netflix ★★★★

David Fincher 's dazzling portrait of Herman J Mankiewicz, who shared the writing Oscar with Orson Welles for *Citizen Kane*. Gary Oldman's 'Mank' is nimble witted but self-destructive, who pours his disillusionment with the studio system into the screenplay the 24-year-old Welles has commissioned. It's based on a discredited thesis that Mank was the true creative force behind *Citizen Kane*, but that doesn't prevent Fincher's film from being hugely enjoyable. 2020, 12, 131MIN

Saturday 7 March

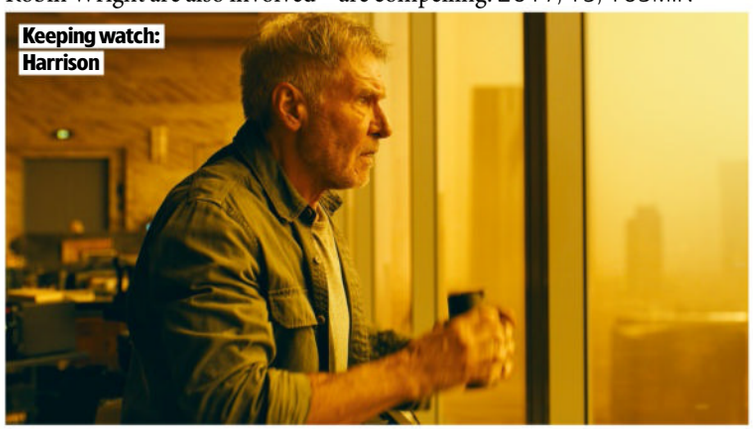
SCI-FI

Blade Runner 2049

11pm, BBC1 (11.30pm Scotland) ★★★★★

Sex ●●● Violence ●●● Language ●●●

This magnificent sequel to Ridley Scott's 1982 sci-fi masterpiece *Blade Runner* from director Denis Villeneuve is set 30 years after the original. LA's just as bleak, but there is a new Blade Runner, Ryan Gosling's K, whose mission is the same as before: 'retiring' rogue fellow replicants. But a puzzling discovery at the site of a bruising showdown with his latest synthetic human prey sends him on a cryptic quest that has profound implications for humanity – and himself… The dystopian future world looks stunning and the characters – Harrison Ford, Ana de Armas and Robin Wright are also involved – are compelling. 2017, 15, 163MIN



Keeping watch: Harrison

DRAMA

The Unlikely Pilgrimage of Harold Fry

10pm, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

Jim Broadbent stars as the titular retiree who decides to walk all the way from south Devon to Berwick-upon-Tweed. His former colleague Queenie (Linda Bassett) is dying of cancer, and Harold believes his pilgrimage will keep her alive. Director Hettie Macdonald doesn't shy away from infusing this story with a spiritual message about human kindness, even if the result is quite twee. Broadbent gives his all, though, and Penelope Wilton does wonders as his befuddled, left-behind wife. 2023, 12, 104MIN

DRAMA

Sound of Metal

12m't, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Riz Ahmed is electric as heavy-metal drummer Ruben, whose life is upended when he suddenly develops drastic hearing loss. He checks into a home for deaf recovering addicts run by Paul Raci's war veteran, who helps his charges get to grips with their new way of living. Entirely captioned and featuring immersive sound design, this Oscar-nominated drama really makes you feel Ruben's disorientation and isolation. Shining a rare cinematic light on the deaf community, it's a powerful, affecting and profound experience. 2020, 15, 120MIN

WAR DRAMA

Fury

12m't, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

Brad Pitt stars as a craggy US army tank commander leading his five-man crew on a suicidal mission in the closing stages of World War Two. With the Allies making their final push into Germany, Pitt's warrior has to knock Logan Lerman's callow young recruit into shape when he joins his hard-bitten Sherman tank veterans (Shia LaBeouf, Michael Peña and Jon Bernthal). The scenes of combat have a grim authenticity, conveying the sudden savagery of ambushes and firefights, but the final showdown is pure Hollywood fantasy. 2014, 15, 134MIN

ACTION COMEDY

Thelma

4.40am, Sky Hits ★★★★

Sex ●●● Violence ●●● Language ●●●

This delightful comedy stars June Squibb (93 when this was made) as an OAP determined to take down the crooks who scammed her. She dodges her family (daughter Parker Posey, her husband Clark Gregg and kindly slacker grandson Fred Hechinger) to race around – at 20mph – with help from her cautious friend (Richard Roundtree) and his electric scooter. Hilariously showcasing the ups and downs of getting older, this comedy is both breezy and sharp. 2024, 12, 98MIN

■ Full listings start on p35

Sunday 8 March

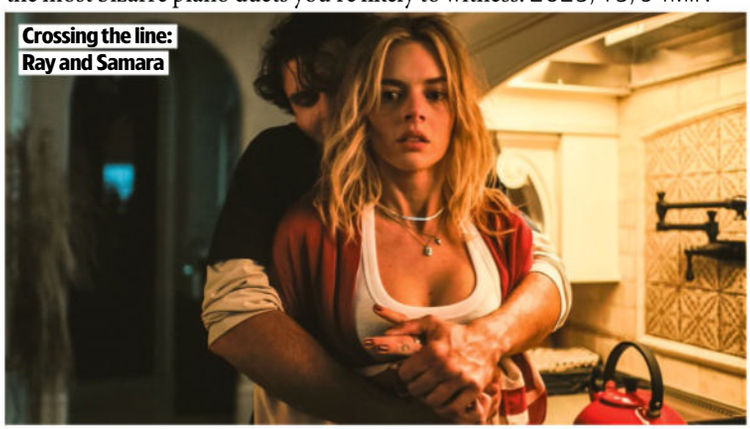
COMEDY THRILLER

Borderline

11.25pm, Sky Thriller ★★★

Sex ●●● Violence ●●● Language ●●●

Taking a stab at celebrity stalker culture, this messed-up bundle of genres stars Ray Nicholson as Paul, a lunatic with a fixation on famous actress and singer Sofia (Samara Weaving). Along with fellow gleeful psychopath Penny (a terrific Alba Baptista), he breaks into Sofia's mansion with the intention of marriage, happy to leave bloody carnage behind him. But Sofia's loyal bodyguard (Eric Dane, who died last month) is in his way… The jokes are hit-and-miss and the tone uneven, but there are plenty of upsides, including the strong cast (especially a woefully underused Jimmie Fails) and one of the most bizarre piano duets you're likely to witness. 2025, 15, 94MIN



Crossing the line: Ray and Samara

ANIMATION

Kensuke's Kingdom

6.45am, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

A mutinous youngster (voiced by Aaron MacGregor) sailing around the world with his family – mum (Sally Hawkins), dad (Cillian Murphy) and sister (Raffey Cassidy) – is swept overboard in a storm and is washed up, along with his dog, on a desert island where they find a Japanese man (Ken Watanabe) who's lived there secretly since World War Two. With beautifully spare and richly evocative visuals and a story combining moments of peril with quietly touching episodes and an eco message, this is a charming adaptation of Michael Morpurgo's book. 2023, PG, 84MIN

SUPERHERO

Spider-Man 3

3.25pm, BBC1 ★★★

Sex ●●● Violence ●●● Language ●●●

It's no more Mr Nice Guy when Tobey Maguire's Spider-Man is changed for the worse by a gooey black substance from a meteorite. Plus, there's trouble when love-of-his life Mary Jane (Kirsten Dunst) starts getting close to his old school pal Harry (James Franco), who turns into the new Goblin. Then there are villains Sandman (Thomas Haden Church) and Venom (Topher Grace) to deal with, too. There's too much talk and an excess of characters, but Maguire handles it all with aplomb and when the action comes, it's a thrill a minute. 2007, 12, 139MIN

CLASSIC THRILLER

The Manchurian Candidate

9pm, Sky Arts ★★★★★

Sex ●●● Violence ●●● Language ●●●

This still electrifying thriller takes in brainwashing, paranoia and political assassination. Frank Sinatra is a Korean War veteran plagued by nightmares about little old ladies, baskets of flowers and pictures of Stalin and Mao. He claims that his ex-army buddy Laurence Harvey (the solitaire-playing human time bomb) is 'the bravest, kindest, most wonderful human being' – but doesn't believe it... Sinatra and Harvey are ideal and Angela Lansbury gives a standout turn as Harvey's ruthlessly ambitious mother. 1962, 12, 126MIN

COMEDY HORROR

Freaky

12.20am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A serial killer (Vince Vaughn) and a swotty high-school teen (Kathryn Newton) swap bodies thanks to a full moon and mystical knife. With her menacing, unflinching glare, Newton revels in the role of remorseless killer, while Vaughn's struggle to adapt his brute-force style to his newfound petite body provides delightful laughs. With the stars excelling and the gory action well executed, director and co-writer Christopher Landon's comedy horror is fresh and fun. 2020, 15, 98MIN

■ Full listings start on p45

Weekday movies over page

Monday 9 March

THRILLER

All the Devils Are Here

11.40pm, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

After a heist goes awry, four criminals are sent to a decrepit house in the middle of nowhere, with express orders not to leave the place. Old hand Eddie Marsan is the de facto man in charge, watching over fellow strangers Sam Claflin, Burn Gorman and Tienne Simon. But as the days pass, they start to crack… A smart, well-written mystery given additional welly by the fine cast, which also includes Rory Kinnear and Suki Waterhouse. The finale may be a bit over the top, but this is a fun, devilish stopover. 2025, 15, 87MIN

Stop off: Eddie and co

ANIMATION

The Garfield Movie

Starts today, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

With peppy vocals by Chris Pratt as the lasagne-loving feline and a hectic caper plot, this animation is very much aimed at kids, while adults may prove harder to please. The plot involves an errant dad (Samuel L Jackson) who abandoned Garfield as a kitten to be raised by cartoonist Jon (Nicholas Hoult). Then dad and son are reluctantly reunited to carry out a robbery for a vengeful Persian (Hannah Waddingham). 2023, U, 101MIN

DRAMA

The Last Black Man in San Francisco

12m't, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

With a languid, shaggy doggish narrative, this captivating drama follows Jimmie Fails, an African-American who is a third-generation San Franciscan, but is finding it difficult to find his place in a city where money and hipsters are in every corner. It's also the story of his relationship with eccentric budding playwright and artist Jonathan Majors, a bond that is explained as the film progresses. 2019, 15, 121MIN

HORROR

A Quiet Place Part II

11.40pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

This sequel to the 2018 chiller is satisfying, lean and often cruelly tense. The prologue explains how the monsters that hunt by sound took over the world, before joining Emily Blunt and kids Millicent Simmonds, Noah Jupe and baby. Cillian Murphy steers the story into a stand-off between despair and hope, while the climactic payoff is a multi-layered exercise in suspense peppered with impeccable jump shocks. 2020, 15, 97MIN

ACTION

Road House

12.05am, BBC1 (not N Ireland, Scotland) ★★★

Sex ●●● Violence ●●● Language ●●●

Patrick Swayze's bouncer is the best there is. Which is fortunate, given the big trouble at his new job at the Double Deuce music bar in small-town Missouri. Bottles are thrown, bones are broken and the result is an exuberant bought of movie fisticuffs ('It was a good night: nobody died!') that shouldn't be taken seriously for a moment. 1989, 18, 110MIN

■ Full listings start on p55

Tuesday 10 March

COMEDY DRAMA

The Ballad of Wallis Island

9.15am, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

Arriving on a tiny island for a lucrative gig, down-on-his-luck folk musician Tom Basden has no idea it's a concert for one. The person is Tim Key, an awkward but eternally optimistic man who, again unknown to the singer, has also invited Basden's ex-partner (Carey Mulligan) for a musical reunion, after the pair split over a decade ago. A sweet tale of lost love, grief and the power of music, it's also quietly amusing – especially thanks to Key – but also capable of real pathos that hits surprisingly hard. 2025, 12, 99MIN

Right note: Tom, Tim and Carey

COMEDY

Ticket to Paradise

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

If ever there was a film to highlight just how much star power and effortless charm can achieve, this is it. George Clooney and Julia Roberts have been happily divorced for years when daughter Kaitlyn Dever decides to marry Balinese seaweed farmer Maxime Bouttier. So the bickering pair join forces to stop the nuptials. The plot is by-the-numbers, but George and Julia make terrific company with their snark and snipes. 2022, 12, 104MIN

DRAMA

Cat Person

10.15pm, BBC3 ★★★★

Sex ●●● Violence ●●● Language ●●●

Courtship can be a minefield, as college student Emilia Jones discovers when a flirty encounter escalates into a round-the-clock, text-based relationship. Is Nicholas Braun the man of her dreams, or is she making a big mistake? Based on a 2017 short story, this film uses a 20-year-old's doubts and fears as a springboard for a perceptive, funny and occasionally terrifying delve into the potential hazards of modern dating. 2024, 15, 118MIN

THRILLER

State of Play

9pm, Legend ★★★★

Sex ●●● Violence ●●● Language ●●●

This satisfyingly tangled conspiracy thriller, loosely based on the acclaimed 2003 TV drama, is an ideal vehicle for Russell Crowe. He plays a seasoned reporter working for Helen Mirren's Washington DC newspaper editor who reluctantly teams up with the paper's eager-beaver blogger (Rachel McAdams) to investigate the suspicious death of the mistress of an up-and-coming congressman (Ben Affleck). 2009, 12, 127MIN

ROMCOM

Marry Me

10.40pm, BBC1 (11.10pm NI, Scotland) ★★★

Sex ●●● Violence ●●● Language ●●●

Jennifer Lopez's pop princess is about to marry in front of a live audience, when it's revealed her groom's been cheating on her. So she plucks a random man (maths teacher Owen Wilson) to wed instead. Logic doesn't matter here, it's pure comfort food, with a charming Lopez and Wilson, bolstered by a raft of decent tunes and a neat finale. 2022, 12, 112MIN

■ Full listings start on p65

Wednesday

DRAMA

The Father

11.20pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Giving a phenomenal performance, Oscar-winning Anthony Hopkins has never been better than as a prickly octogenarian in denial about his increasing mental frailty, while his weary daughter (Olivia Colman, similarly brilliant)

Knowing you: Olivia and Anthony

DRAMA

A Mistake

4.30pm, Sky Drama ★★★

Sex ●●● Violence ●●● Language ●●●

A sombre drama set in New Zealand, in which ace surgeon Elizabeth Banks oversees a procedure on a young woman that ends in tragedy. When hospital management, headed by a supercilious Simon McBurney, looks into whether Banks was responsible for the patient's death while also trying to shield itself, she begins to unravel. Showing off her acting chops, Banks is superb with a raw take on a woman coming undone. 2024, 15, 101MIN

COMEDY ADVENTURE

Scooby-Doo

8pm, Sky Family ★★★

Sex ●●● Violence ●●● Language ●●●

Matthew Lillard is the hit turn as Shaggy (alongside CGI Scooby) in this colourful, amiably daft live-action film of the classic TV cartoon. Freddie Prinze Jr and Sarah Michelle Gellar are Fred and Daphne and Linda Cardellini is Velma, the other members of the Mystery Inc gang. Rowan Atkinson is resort owner Emile Mondavarious, who kickstarts the plot when he summons the gang to his holiday island to solve a spooky mystery. 2002, PG, 86MIN

11 March

tries to find him a carer. Director and co-writer Florian Zeller, adapting his own play, tackles the harrowing spectre of dementia with subtle skill, cleverly letting us share his protagonist's growing disorientation, while Hopkins draws us ever deeper into his character's plight. A powerful, must-see drama. 2020, 12, 97MIN

BIOPIC

Harriet

12m't, BBC1 (not N Ireland, Scotland) ★★★

Sex ●●● Violence ●●● Language ●●●

Oscar-nominated Cynthia Erivo delivers a stirring performance as iconic American abolitionist Harriet Tubman in this heartfelt historical drama. The film has us gripped by Tubman's daring escape from slavery in the pre-Civil War South, and her role in helping other slaves gain their freedom via the legendary Underground Railway. But the film falls apart in its implausible bid to turn her into a gun-toting superhero. 2019, 12, 126MIN

DRAMA

Catch Me Daddy

1.50am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This gritty, unsettling and violent thriller, set in West Yorkshire, pits fugitive young lovers – Asian teen Sameena Jabeen Ahmed and her white boyfriend Conor McCarron – against two teams of thugs, one Asian, one white, who have been sent in pursuit by her restaurateur father. It's bleak to watch, certainly, but also an impressive and eye-catching movie. 2014, 15, 112MIN

■ Full listings start on p75

Thursday 12 March

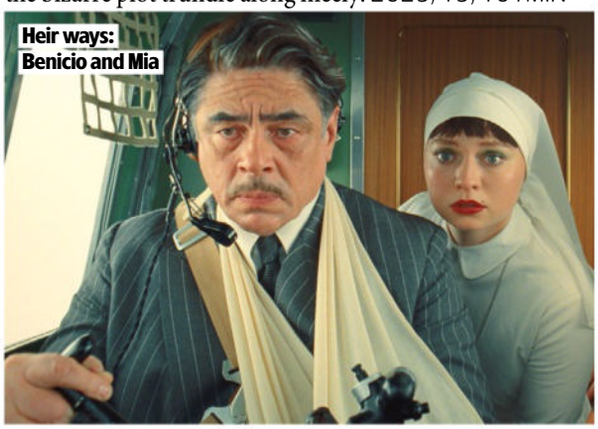
CRIME COMEDY

The Phoenician Scheme

1.40am, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

Director Wes Anderson's typically quirky, fastidiously stylised comedy follows Benicio Del Toro's fabulously rich, ruthless 1950s industrialist as he attempts to reconcile with his neglected daughter, novitiate nun Liesl (a superb Mia Threapleton), and persuade her to become his sole heir. As the pair travel hither and thither, a starry line-up (including Tom Hanks, Scarlett Johansson, Riz Ahmed, Benedict Cumberbatch, Bryan Cranston and Richard Ayoade) helps the bizarre plot trundle along nicely. 2025, 15, 101MIN



Heir ways: Benicio and Mia

FANTASY COMEDY

Gremlins

10.45am & 11.20pm, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

Zach Galligan's inventor father gives him an enchanting furry creature known as Gizmo as a Christmas present. But when Gizmo gets wet, is exposed to bright light and fed after midnight it spawns nasty offspring – and all manner of puppet mayhem ensues. Director Joe Dante's comedy horror is an in-joke filled hoot – and spot a blink-and-you'll-miss-him cameo from Steven Spielberg. 1984, 12, 104MIN

CLASSIC HORROR

The Shining

8pm, Sky Sci-Fi/Horror ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Stanley Kubrick's film of Stephen King's novel is set in a snowbound, shut-for-the-winter Colorado hotel. Though King famously disliked Kubrick's interpretation, it is a chilling masterpiece. Jack Nicholson (at his unhinged best) arrives as the caretaker, but soon he's talking to ghosts, wife Shelley Duvall is terrified of his erratic behaviour and their psychic son Danny Lloyd is having scary visions. 1980, 15, 144MIN

THRILLER

Donnie Brasco

9pm, Legend ★★★★

Sex ●●● Violence ●●● Language ●●●

In the 1970s, an FBI agent (Johnny Depp) infiltrates the New York Mafia under the alias Donnie Brasco. However, the closer he gets to mobster Al Pacino, the more he gets to like him. Based on a true story, this thriller strips away the clichés and the glamour to reveal the grimy realities of gangster life. Depp delivers a spine-tingling turn as the conflicted agent, but it's Pacino's magnificent performance that gives the film its heart. 1997, 18, 126MIN

WAR DRAMA

The Wild Geese

9pm, Legend Xtra ★★★★

Sex ●●● Violence ●●● Language ●●●

Take four stars (Richard Burton, Roger Moore, Richard Harris and Hardy Kruger) who should know better, add a slam-bang plot about a mercenary mission in Africa and the result is this explosive stew of double-cross, adventure and ham acting. Andrew V McLaglen directs with punch and Stewart Granger, replacing Joseph Cotten at short notice, has a crucial few scenes. 1978, 15, 134MIN

■ Full listings start on p85

Friday 13 March

HORROR

Together

On now, Prime Video ★★★★

Sex ●●● Violence ●●● Language ●●●

A couple set out to live in the countryside in this devilishly entertaining horror. Teacher Alison Brie instigates the move, while Dave Franco (her real-life husband) is more hesitant. Once there, though, they stumble across a secret sanctum that keeps them together and won't let them separate… The stars give rounded, convincing performances as they deal with their feelings for one another as well as a grotesque supernatural problem, in a film that may have viewers asking questions about their own relationships. 2025, 15, 103MIN

One life: Dave and Alison

CRIME COMEDY

The Whole Nine Yards

8.40am, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

Meek Montreal dentist Matthew Perry realises his new neighbour Bruce Willis is hitman 'Jimmy the Tulip' and tries to claim a finder's fee from Willis' rival Kevin Pollak. Meanwhile, Perry's wife Rosanna Arquette is scheming to kill him and Perry is falling for Willis' ex, Natasha Henstridge. This wickedly sharp black comedy culminates in an enjoyable no-holds-barred shootout. 2000, 15, 101MIN

SCI-FI

Gravity

6.20pm, Sky Award Season ★★★★★

Sex ●●● Violence ●●● Language ●●●

Sandra Bullock's medical engineer is on her first space mission with veteran George Clooney when they are stranded after debris from a Russian satellite destroys their shuttle. Director Alfonso Cuarón's ground-breaking film won seven Oscars and brims with heart-stopping tension, spine-tingling shocks and visceral fear. It's a real spectacle and the ideal Bullock is a gutsy hero. 2013, 12, 91MIN

HORROR

Escape Room

10pm, BBC3 ★★★

Sex ●●● Violence ●●● Language ●●●

Six mismatched strangers (including Taylor Russell, Logan Miller and Jay Ellis) sign up for a challenging version of the immersive game. But as the events get underway they quickly discover that far more is at stake than a $10,000 prize for the winner... The script doesn't stack up and the flip ending is foreseeable, but this high-concept horror is an enjoyable enough scare ride, and the production is fiendishly inventive. 2019, 15, 99MIN

CLASSIC HORROR

The Exorcist

10pm, Sky Sci-Fi/Horror ★★★★★

Sex ●●● Violence ●●● Language ●●●

Ellen Burstyn's daughter (Linda Blair) is possessed by a demon and Jason Miller and Max von Sydow are the priests trying to help. The effects (rotating heads, green vomit, bad skin) may be laughable now, but Blair's performance, William Friedkin's direction and the script by William Peter Blatty (based on his own novel) are still unnerving. 1973, 18, 121MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

Lando Norris of McLaren is the reigning champion

F1: Australian Grand Prix

THE MAIN EVENT

Sky Sports' **Ted Kravitz** answers the big questions as the new season starts

LIVE MOTORSPORT

Saturday, race starts 4am, Sky Sports F1 & Sky Sports Main Event

Formula One roars back in the early hours of Sunday morning as McLaren's Lando Norris begins the defence of his title at Melbourne's Albert Park.

The 26-year-old claimed his maiden world championship in December, just two points ahead of Red Bull's Max Verstappen.

We caught up with Sky Sports' Ted Kravitz to get his expert take on the 24-race season…

What are the prospects for the British drivers? Lando Norris is one of five British drivers on the grid – the most since 2002 – and lines up alongside Ferrari legend Sir Lewis Hamilton, Mercedes' George Russell, Oliver Bearman at Haas, and rookie Arvid Lindblad at Racing Bulls. 'Lando comes into 2026 with the confidence of success, while Lewis has a car that is capable of winning races,' says Kravitz. 'Arvid is the baby of the grid at 18 and has had a meteoric rise – he looks like a Max Verstappen in the making.'

Pre-season testing in Bahrain

What impact will the new cars have? F1 has made the biggest rule change in its history, with new regulations for chassis, engines, tyres and fuel. 'The cars look different – they are lighter and smaller,' says Kravitz. 'Mercedes is one of the front runners after really focusing on rule changes, while Ferrari's rotating rear wing is a huge innovation.'

Cadillac joins the F1 ranks

How will Cadillac perform? Backed by US car giant General Motors, legendary manufacturer Cadillac is the first new team in a decade, having unveiled its livery in a £7.3million advert during the Super Bowl. Drivers Sergio Pérez and Valtteri Bottas have 16 Grand Prix wins between them. 'The team might take time to gel, but it is a very solid car and they've done an amazing job to get on the grid,' says Kravitz.

What's new in the calendar? F1 returns to Madrid for the first time since 1981 with the Spanish Grand Prix taking place on a new hybrid street circuit called the Madring. The Circuit de Barcelona-Catalunya remains on the calendar, but will feature in a yearly rotation with the Belgian Grand Prix from next year. 'The Madring is not dissimilar to the old Sochi track in Russia as it's built around existing infrastructure, in this case the Madrid Exhibition Centre,' says Kravitz.

RACE CALENDAR

7 March	Australia
15 March	China*
29 March	Japan
12 April	Bahrain
19 April	Saudi Arabia
3 May	Miami*
24 May	Canada*
7 June	Monaco
14 June	Barcelona
28 June	Austria
5 July	Great Britain*
19 July	Belgium
26 July	Hungary
23 Aug	Netherlands*
6 Sept	Italy
13 Sept	Madrid
26 Sept	Azerbaijan
11 Oct	Singapore*
25 Oct	USA
1 Nov	Mexico
8 Nov	Brazil
21 Nov	Las Vegas
29 Nov	Qatar
6 Dec	Abu Dhabi

*denotes sprint race

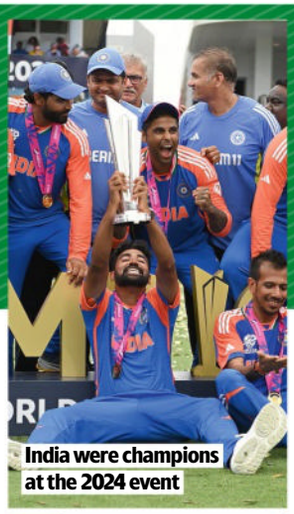
Lando Norris

Sir Lewis Hamilton

George Russell

Oliver Bearman

Arvid Lindblad


India were champions at the 2024 event

LIVE CRICKET

T20 World Cup Final

Sunday, play starts 1.30pm, Sky Sports Cricket & Sky Sports Main Event

Having made the semi-finals of the 20-overs tournament with a game to spare, Harry Brook's England will hope to have progressed to Sunday's showpiece final, which is being held in either Colombo or Ahmedabad. Two years ago, pace bowler Jasprit Bumrah was player of the series as India claimed a second title by defeating South Africa at the Kensington Oval in Bridgetown, Barbados.

Davy Zyw

LIVE WINTER SPORTS

Winter Paralympics

From Saturday, C4, Channel 4 Streaming & C4 Sport YouTube

As the Paralympians take to the slopes in Italy, it's a busy week for Team GB as skier Neil Simpson defends his title in men's Super-G on Monday. Edinburgh snowboarder Davy Zyw is thought to be the first snowsport athlete with motor neurone disease (MND) to compete at the Games and looks set to compete in the snowboard cross (Sat & Sun) and banked slalom (Sat 14 March).

Mansfield Town's Louis Reed

LIVE FOOTBALL

FA Cup: Fifth Round

Saturday-Monday, BBC1, TNT Sports & Discovery+

All ties are being screened live with Saturday featuring three unmissable matches, beginning with 14-times winners Arsenal's trip to Nigel Clough's League One outfit Mansfield Town (k-o 12.15pm, TNT Sports 1 & Discovery+). The Stags are in the fifth round for the first time in more than 50 years after a free-kick from captain Louis Reed dispatched Burnley last time out. That's followed by Wrexham versus Chelsea (5.45pm, BBC1, TNT Sports 2 & Discovery+), as owners Ryan Reynolds and Rob McElhenney hope for another upset after knocking out Nottingham Forest. Then it's the top-flight clash between Newcastle United and Manchester City (8pm, TNT Sports 1 & Discovery+) in the sides' fourth meeting since January.

LIVE RUGBY UNION

Six Nations

Saturday, BBC1, ITV1 & Premier Sports 1

Scotland will be ruing their opening defeat to Italy as they host France at Murrayfield (kick-off 2.10pm, BBC1 & Premier Sports 1) after back-to-back wins over England and Wales. Les Bleus could seal the title with a game to spare if they secure a bonus-point win, while Darcy Graham is now level with Duhan van der Merwe as Scotland's record try scorer. Meanwhile, England will still be smarting from defeat by Ireland as they travel to face Italy in Rome (k-o 4.40pm, ITV1).

Scotland's Darcy Graham (left)

Newcastle's Anthony Elanga and Anthony Gordon

LIVE FOOTBALL

Champions League

Tuesday & Wednesday, Prime Video & TNT Sports

All six English clubs have made it through to the round of 16, and while the draw had yet to be made ahead of our press day, there will be no shortage of top-quality ties. After negotiating the play-offs, Newcastle United have reached the last 16 for a second time, and were in line for a clash with Barcelona or Chelsea, while Liverpool and Tottenham will face either Galatasaray or Atlético Madrid.

Galopin Des Champs

LIVE HORSE RACING

Cheltenham Festival

From Tuesday, ITV1

More than 200,000 fans will attend the four-day National Hunt festival which culminates with Friday's Gold Cup (4pm) as Willie Mullins-trained Galopin Des Champs bids to join an elite group of horses that have won the Grade 1 race three times. The 10-year-old finished runner-up last year behind Inothewayyurthinkin and will be fighting it out with stablemate Fact to File.

Sport A-Z and football planner »

WORDS: IAN MACEWAN, RICHARD MCCLURE. PHOTOS: ADOBE STOCK, GETTY, SHUTTERSTOCK

Chat MAG Bingo.com

It's bingo time!

Deposit £10, get

£30 bingo bonus!

with code WELCOME30

The home of great bingo, Slingo and slot games!

chatmagbingo.com

New players only. Min dep £10. 300% bingo bonus (max £30). 4x bingo wagering required. 5-day expiry. 18+. GambleAware. T&Cs apply. chatmagbingo.com/#tnc

GAMBLE RESPONSIBLY

Play within your limits

GambleAware

Advice | Tools | Support

Our services facilitated by this website are operated by Broadway Gaming Ireland DF Limited, a company incorporated in the Republic of Ireland. Broadway Gaming Ireland DF Limited is licensed and regulated in Great Britain by the Gambling Commission under the account number 58267.

Sport week A-Z GUIDE

AUSTRALIAN RULES

LIVE St Kilda Saints v Collingwood Magpies
Sun 10am TNT Sports 2

LIVE Carlton Blues v Richmond Tigers
Thu 8.30am TNT Sports 1

LIVE Essendon Bombers v Hawthorn Hawks
Fri 8.30am TNT Sports 1

LIVE Western Bulldogs v GWS Giants
Fri 2am TNT Sports 3

LIVE Geelong Cats v Fremantle Dockers
Fri 5am TNT Sports 3

BASEBALL

LIVE USA v Great Britain
Sat 1am TNT Sports 3

LIVE Italy v Great Britain
Sun 5pm TNT Sports 2

LIVE Great Britain v Brazil
Mon 5pm TNT Sports 2

LIVE World Baseball Classic
Fri 10.30pm TNT Sports 2
The first quarter-final at Daikin Park.

LIVE World Baseball Classic
Fri 1am TNT Sports 4
The second quarter-final in Texas.

BASKETBALL

LIVE Detroit Pistons v Brooklyn Nets
Sat 11pm Sky Sports Action
NBA Eastern Conference match.

LIVE San Antonio Spurs v Houston Rockets
Sun 11pm Sky Sports Action
NBA Western Conference fixture.

LIVE Phoenix Suns v Charlotte Hornets
Sun 2am Sky Sports Mix & 2.30am Sky Sports Action
The NBA inter-conference game.

LIVE Oklahoma City Thunder v Denver Nuggets
Mon 10.30pm Sky Sports Action
NBA Western Conference fixture.

LIVE Los Angeles Clippers v New York Knicks
Mon 2am Sky Sports Action
The NBA inter-conference match.

LIVE San Antonio Spurs v Boston Celtics
Tue 11pm Sky Sports Action
The NBA inter-conference game.

LIVE Los Angeles Lakers v Minnesota Timberwolves
Tue 3am Sky Sports Action & Sky Sports+

SUBSCRIPTION OFFER
6 issues for £1*

Visit: magazinesdirect.com/xts/DJ94W
Call: 0330 333 1113 and quote code DJ94W
TERMS AND CONDITIONS: Offer closes 31 October 2026. Offer open to new subscribers only. Direct Debit offer is available to UK subscribers only. *After your first 6 issues, your subscription will continue on at £31.25 payable by Direct Debit every 3 months, saving 32% on the full 3 monthly subscription price of £46.48. We will notify you in advance of any price changes. Payment is non-refundable after the 14 day cancellation period unless exceptional circumstances apply. For full terms and conditions, visit magazinesdirect.com/page/terms-and-conditions. For enquiries please email: help@magazinesdirect.com.

Darts Jonny Clayton made a great start to the Premier League series this season

COMBAT SPORTS

LIVE UFC 326 Prelims
Sat 12m't TNT Sports 1

LIVE Max Holloway v Charles Oliveira
Sat 2am TNT Sports 1
The lightweight title bout from T-Mobile Arena in Las Vegas.

CRICKET

LIVE New Zealand v Zimbabwe
Sat 9.30pm TNT Sports 4
The second ODI at University Oval.

LIVE Australia v India
Sun 6.30am TNT Sports 4; Mon 5.15am TNT Sports 2
The third and fourth days of the one-off women's Test from Perth.

LIVE Men's T20 World Cup
Sun 1pm Sky Sports Main Event & Sky Sports Cricket
The final held at either Narendra Modi Stadium in Ahmedabad or Premadasa Stadium. See p29.

LIVE New Zealand v Zimbabwe
Tue 9.30pm TNT Sports 3
The third and final ODI in the series from University Oval in Dunedin.

CYCLING

LIVE Strade Bianche
Sat 10.30am TNT Sports 3
The women's one-day race in Italy.

LIVE Strade Bianche
Sat 1pm TNT Sports 3 & 2.45pm TNT Sports 1
The men's one-day race in Italy.

LIVE Paris-Nice
Sun 2.15pm TNT Sports 4; Mon-Fri 2.15pm TNT Sports 2 & 2.45pm TNT Sports 1

LIVE Tirreno Adriatico
Mon-Fri 12noon TNT Sports 1

DARTS

LIVE UK Open
Sat & Sun 1pm & 7pm ITV4
Days two and three at Butlin's Minehead.

LIVE Premier League
Thu 7pm Sky Sports Main Event & Sky Sports Action
Round six from Nottingham.

GOLF

LIVE Blue Bay LPGA
Sat & Sun 6am Sky Sports Golf; Sat 6am & 4am Sky Sports Mix
Days three and four from Jian Lake Blue Bay Golf Club on Hainan Island.

LIVE Joburg Open
Sat 10am & Sun 9am Sky Sports Golf
Days three and four at Houghton Golf Club in South Africa.

LIVE Arnold Palmer Invitational
Sat 2.30pm & Sun 2pm Sky Sports Golf; Sat 5.30pm & Sun 6.30pm Sky Sports Main Event; Sun 1pm Sky Sports+
Days three and four in Orlando.

LIVE Australian Women's Classic
Sat 1am Sky Sports Golf
The fourth and final day at Magenta Shores Golf and Country Club.

LIVE LIV Golf
Sat 4am TNT Sports 2
The fourth and final day of the third round of the season in Hong Kong.

LIVE Women's Australian Open
Wed-Fri 12.30am Sky Sports Golf
Days one to three from Adelaide.

LIVE LIV Golf
Wed & Thu 12.30am, Fri 1am TNT Sports 1
Days one to three of the fourth round of the season at Sentosa Golf Club.

LIVE Players Championship
Thu & Fri 11.30am Sky Sports Golf & Sky Sports+; Thu 12noon & Fri 11.30am Sky Sports Main Event
Days one and two at TPC Sawgrass.

HORSE RACING

LIVE Sandown
Sat 1.30pm ITV3

LIVE Cheltenham Festival
Tue-Fri 12.45pm ITV
Days one to four of the festival which culminates with the Boodles Cheltenham Gold Cup. See p29.

ICE HOCKEY

LIVE Los Angeles Kings v Montreal Canadiens
Sat 12m't Premier Sports 2

LIVE Calgary Flames v Carolina Hurricanes
Sat 3am Premier Sports 1

LIVE Vegas Golden Knights v Edmonton Oilers
Sun 1.30am Premier Sports 1

LIVE Philadelphia Flyers v New York Rangers
Mon 11pm Premier Sports 2

LIVE Vancouver Canucks v Ottawa Senators
Mon 1am Premier Sports 1

LIVE Montreal Canadiens v Toronto Maple Leafs
Tue 11pm Premier Sports 2

LIVE Colorado Avalanche v Edmonton Oilers
Tue 2am Premier Sports 1

LIVE Philadelphia Flyers v Washington Capitals
Wed 11.30pm Premier Sports 1

LIVE Ottawa Senators v Montreal Canadiens
Wed 11.30pm Premier Sports 2

LIVE Toronto Maple Leafs v Anaheim Ducks
Thu 11pm Premier Sports 2

LIVE Dallas Stars v Edmonton Oilers
Thu 12m't Premier Sports 1

LIVE New York Islanders v Los Angeles Kings
Fri 11pm Premier Sports 2

LIVE St Louis Blues v Edmonton Oilers
Fri 12m't Premier Sports 1

MOTORSPORT

LIVE Indycar
Sat 8pm Sky Sports Mix

LIVE Formula 3
Sat 9.45pm Sky Sports F1
Australian Grand Prix feature race.

LIVE Formula 2
Sat 12.20am Sky Sports F1
Australian Grand Prix feature race.

LIVE Formula 1
Sat 2.30am Sky Sports Main Event & Sky Sports F1
The Australian Grand Prix, the first round of the season at Albert Park Circuit in Melbourne. See p28.

LIVE NASCAR
Sun 7pm Premier Sports 2
The Straight Talk Wireless 500.

LIVE World Rally Championship
Thu 1pm, 2.15pm & 5.45am, Fri 10.30am & 5.30am TNT Sports 4

LIVE F1 Academy
Thu 1.05am, Fri 6am & 5.30am Sky Sports F1; Fri 6am & 5.30am Sky Sports Main Event

LIVE Formula 1
Thu 3am Sky Sports Main Event & Sky Sports F1
Chinese Grand Prix practice session.

LIVE Formula 1
Fri 6.45am Sky Sports Main Event & Sky Sports F1
The Chinese Grand Prix sprint qualifying session in Shanghai.

LIVE Indycar
Fri 8pm Sky Sports F1

LIVE Formula 1
Fri 2.25am Sky Sports Main Event & Sky Sports F1
The Chinese Grand Prix sprint race at Shanghai International Circuit.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 3

RUGBY LEAGUE

LIVE Manly-Warringah Sea Eagles v Canberra Raiders
Sat 8.30am Sky Sports Action (kick-off 8.35am) The NRL fixture held at Four Pines Park in Sydney.

LIVE Sydney Roosters v South Sydney Rabbitohs
Fri 9am Sky Sports Action & Sky Sports+ (kick-off 9am)
The NRL match at Allianz Stadium.

RUGBY UNION

LIVE Blues v Crusaders
Sat 6am Sky Sports+ (kick-off 6.05am)
The Super Rugby game at Eden Park in Auckland.

LIVE Brumbies v Queensland Reds
Sat 8.30am Sky Sports+ (kick-off 8.35am)
The Super Rugby match at GIO Stadium in Canberra.

LIVE Harlequins v Saracens
Sat 12noon TNT Sports 2 (kick-off 12.15pm)
The Premiership Women's Rugby match at Twickenham Stoop.

LIVE Scotland v France
Sat 1pm BBC1 & 1.30pm Premier Sports 1 (kick-off 2.10pm)
The Six Nations match held at Scottish Gas Murrayfield. See p29.

LIVE Italy v England
Sat 3.35pm ITV1 (kick-off 4.40pm)
The Six Nations match staged at Stadio Olimpico in Rome. See p29.

LIVE Ireland Under-20s v Wales Under-20s
Sat 7.25pm S4C (kick-off 7.45pm)
The Six Nations match in Cork.

LIVE Prem Rugby Cup
Sun 1pm TNT Sports 3 (kick-off 1.30pm)
The first semi-final.

LIVE Prem Rugby Cup
Sun 3.45pm TNT Sports 3 (kick-off 4pm)
The second semi-final.

Sport A-Z and football planner >>>

HOW TO STREAM TV

Everything you need to know about all the channels available to stream...

FREE TO WATCH

BBC iPlayer

A free video-on-demand service from the BBC, featuring BBC dramas including *Luther*, *Doctor Who* and *Line of Duty*, as well as hits including *The Responder* and *This City Is Ours*. There are many comedies, too, from *Not Going Out* to *Ghosts* and *Mrs. Brown's Boys*, plus all episodes of *The Traitors* and *Race Across the World*. You can also watch BBC channels live. It's available online and on devices including mobile phones, tablets and smart TVs.

ITVX

This free streaming channel is the home for all ITV shows, films and much more – from drama box sets such as *Trigger Point* to *Love Island* episodes and James Bond movies. It can be accessed on smart TVs and an app to download. You can upgrade to ITVX Premium for an extra fee for even more content and ad-free viewing.

Channel 4 Streaming

A free streaming channel for all C4 content, this is home to shows from *Location, Location, Location* to *Celebrity Gogglebox*, plus a huge selection of true-crime series and documentaries, including *24 Hours in A&E*, as well as box-set comedies such as *Friday Night Dinner*, *Peep Show* and *Derry Girls*. You can access online via channel4.com, your smart TV or an app download. An upgrade to Channel 4+ for an extra fee also gives you more shows, early access and ad-free viewing.

5 Streaming

A free video-on-demand service from 5 that features bingeable box sets of American shows such as *Dexter* and *The Good Wife*, plus top British dramas including *All Creatures Great & Small*. There's also a huge selection of police documentaries, from *Traffic Cops* to *Police Interceptors*, plus kids' shows from *Peppa Pig* to *Paw Patrol*. The service is available on smart TVs, through channel5.com and as an app download.

U

The free streaming service offers drama, comedy and entertainment, from recent shows like *The Marlow Murder Club* and *Bergerac* to classic series such as *Pride and Prejudice*. There are also US box sets including *Mad Men*, plus lots of true-crime documentaries and favourites such as *Canal Boat Diaries*. It can be accessed via an app and on smart TVs.

SUBSCRIPTION SERVICES

Netflix

This paid-for streaming channel features plenty of original content, with shows from *The Four Seasons* and *Toxic Town* to *Con Mum* and *The Real Fatal Attraction*. There is also a host of new and classic films such as *Grease* and *Mean Girls*, plus it's the home of all seasons of *Friends*. You can access Netflix via smart TVs, the website and an app to download.

Prime Video

The paid-for subscription channel features plenty of original TV shows like *Clarkson's Farm* and *Nine Perfect Strangers*. There are also comedy shows such as *Last One Laughing*, plus plenty of newly released films available to stream, buy or rent including BAFTA-winner *Conclave*. Prime Video can be accessed on TVs, mobiles, tablets and more.

Disney+

The home of most Disney content is a paid-for streaming channel that has classic movies such as *Mary Poppins* and *Dumbo*, recent films including *A Complete Unknown*, top dramas like *A Thousand Blows*, plus a large selection of National Geographic documentaries such as *Ocean* with Sir David Attenborough. There's every Star Wars film and spin-off series such as *Andor*, plus the Muppets' catalogue of films and shows. It's available on smart TVs, an app download and online.

Apple TV+

There's a selection of high-quality, exclusive, original-production films and TV series called Apple Originals. Content includes top dramas *Slow Horses*, *Smoke* and *Severance*, comedies like *Ted Lasso* and *Bad Sisters*, plus films *Napoleon* and *Blitz*. This paid-for streaming channel is available on smart TVs and the Apple TV app.

Paramount+

This is the home to blockbuster Paramount movies, new originals and hit shows, primarily from the libraries of American TV station CBS, with TV series including *Yellowstone* and *Star Trek: Discovery*. There's also a huge selection of Smithsonian documentaries, MTV series and Nickelodeon shows including *SpongeBob SquarePants*. The paid-for streaming service is available on desktop, smart TVs and an app, and is also available free for Sky Cinema subscribers.

Discovery+

This is a paid-for streaming service that focuses on factual programming and original series. There's a library of real-life entertainment with eye-opening docuseries such as *Celebrity Help! My House Is Haunted*. It's also home to sports via the TNT Sports channels, including cricket, football, French Open tennis and Premiership rugby union. The service is available via the app and smart TVs. The basic version (without sport) is also included at no extra cost on Sky.

Sky Store

This paid-for streaming service is home to the latest blockbuster movies straight from the cinema, either to buy or rent, as well as TV shows to buy and keep including *The White Lotus* and *The Last of Us*. It's independent from Sky's TV service, meaning a Sky TV subscription isn't required, but you must create an account to access products and services.

MGM+

This is a paid-for streaming service that features a variety of content including titles from Lionsgate and US channel Starz as well as original MGM+ series. Shows and films include *Godfather of Harlem* and *Legally Blonde*, plus all the James Bond movies. Subscribe to MGM+ via Prime Video for a monthly fee.

Acorn TV

Many favourite dramas, murder mysteries and comedies from around the world appear here first. Current hit series include *Whitstable Pearl*, *Harry Wild*, *Darby and Joan*, *Signora Volpe* and *Recipes for Love & Murder*. The paid-for streaming service is available on smart TVs and via a mobile app.

NOW

There is a host of Sky TV shows and box sets to watch on this paid-for streaming service including *The Day of the Jackal*, *Brassic*, *Gangs of London* and *The White Lotus*. A choice of plans means you can also stream Sky Sports to enjoy Formula One and events such as the British & Irish Lions rugby series, and even watch the latest movies and Sky Original films. It's available to stream via your smart TV.

DAZN

This paid-for steaming sports service features boxing, NFL, kick-boxing, LIV Golf and women's football, as well as the FIFA Club World Cup. It broadcasts both live and on-demand. You can access it via its mobile app and on smart TVs. It's also available as a Prime Video channel at an additional subscription cost.

WORDS: NICK CANNON, HANNAH DAVIES. PHOTO: ADOBE STOCK

Football planner

LIVE Hurricanes v Western Force
Fri 6am Sky Sports+ (kick-off 6.05am)
The Super Rugby fixture at McLean Park in Napier.

LIVE Rugby Men's Scottish Premiership Play-Off
Fri 7.30pm BBC Alba

LIVE Edinburgh v Ulster
Fri 7.30pm Premier Sports 1 (kick-off 8.05pm)
The United Rugby Championship match at Hive Stadium.

LIVE Connacht v Scarlets
Fri 7.30pm Premier Sports 2 (kick-off 7.45pm)
The United Rugby Championship match at Dexcom Stadium.

LIVE Drua v Brumbies
Fri 3.30am Sky Sports+ (kick-off 3.35am)
The Super Rugby match at Four R Stadium in Fiji.

SKIING

LIVE Alpine Skiing
Sat 8.15am & 11.15am TNT Sports 4; Sun 8.15am & 11.15am TNT Sports 1
From Kranjska Gora, Slovenia.

LIVE Alpine Skiing
Sat 9.45am TNT Sports 4; Sun 8.15am TNT Sports 1
From Fassa Valley in Italy.

LIVE Nordic Combined Skiing
Sat 1.30pm TNT Sports 4
The relay 4x5km in Lahti, Finland.

LIVE Ski Jumping
Sat 4pm TNT Sports 4
The men's HS130 in Lahti, Finland.

LIVE Cross Country Skiing
Sun 9.15am & 11am TNT Sports 3
Classic 10km events in Lahti.

LIVE Freestyle Skiing
Thu 12.15pm TNT Sports 2
Ski cross events in Montafon, Austria.

LIVE Cross Country Skiing
Thu 1pm & 3.30pm TNT Sports 3
From Drammen, Norway.

LIVE Ski Jumping
Fri 3.45pm TNT Sports 3
The men's HS134 in Oslo, Norway.

TENNIS

LIVE Indian Wells Open
Sat 7pm, Sun & Mon 6pm, Tue 9.45pm & 1am, Wed 9.45pm & Thu 5.30pm Sky Sports+; Sat 7pm, Sun, Mon & Fri 6pm, Tue 6pm & 1am, Wed & Thu 5.30pm Sky Sports Tennis; Sat & Thu 11pm, Sun 10pm, Mon 6pm, Tue 10.30pm & 1am, Wed & Fri 10.30pm Sky Sports Main Event

WINTER SPORTS

LIVE Winter Paralympics
Sat & Sun 8am, Mon 8am & 12.50pm, Tue 8am & 11.50am C4
Days one to four from Milan and Cortina d'Ampezzo, Italy. See p29.

LIVE Biathlon
Sat 12.30pm & 2.15pm TNT Sports 4; Sun 3.45pm TNT Sports 2
From Kontiolahti, Finland.

LIVE Winter Paralympics
Wed 8am & 1.55pm, Thu & Fri 7.50am C4
Days five to seven from Milan and Cortina d'Ampezzo, Italy. See p29.

LIVE Biathlon
Thu & Fri 2pm TNT Sports 3
From Otepaa, Estonia.

Saturday 7

LIVE Newcastle Jets v Western Sydney Wanderers
6am TNT Sports 3 (kick-off 6am)
The A-League match.

LIVE Sydney FC v Melbourne Victory
8.30am TNT Sports 3 (kick-off 8.35am)

LIVE Blackburn Rovers v Portsmouth
11am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
The Championship match staged at Ewood Park.

LIVE Mansfield Town v Arsenal
11.30am TNT Sports 1 (kick-off 12.15pm)
The FA Cup fifth-round match held at One Call Stadium. See p29.

LIVE England v Iceland
12noon ITV1 (kick-off 12.30pm)
Both teams' second women's World Cup Group A3 qualifier held at The City Ground in Nottingham.

LIVE Hull City v Millwall
12.25pm Sky Sports+ (kick-off 12.30pm)
Championship from MKM Stadium.

LIVE Flint Town United v Bangor City 1876
12.30pm S4C (kick-off 12.45pm)
The JD Welsh Cup semi-final at Go Goodwins Stadium.

LIVE Getafe v Real Betis
12.55pm Premier Sports 2 (kick-off 1pm)
LaLiga from Estadio Coliseum.

LIVE Wales v Montenegro
4.15pm BBC2 (Wales only) (kick-off 3.30pm)
The women's World Cup Group B1 qualifier at Parc y Scarlets.

LIVE Scotland v Luxembourg
4.50pm BBC Alba (kick-off 5pm)
The women's World Cup Group B4 qualifier staged at Hampden Park.

LIVE Wrexham v Chelsea
5pm TNT Sports 2 & 5.30pm BBC1 (kick-off 5.45pm)
The FA Cup fifth-round match held at StoK Racecourse. See p29.

LIVE FC Cologne v Borussia Dortmund
5.20pm Sky Sports Football (kick-off 5.30pm)
The Bundesliga match staged at RheinEnergieStadion.

LIVE PSV Eindhoven v AZ Alkmaar
6.55pm Premier Sports 2 (kick-off 7pm)
Eredivisie from Philips Stadion.

LIVE Newcastle United v Manchester City
7pm TNT Sports 1 (kick-off 8pm)
The FA Cup fifth-round match staged at St. James' Park. See p29.

LIVE Dunfermline v Aberdeen
7pm Premier Sports 1 (kick-off 7.30pm)
The Scottish Cup quarter-final.

LIVE Celta Vigo v Real Madrid
8pm Disney+ (kick-off 8pm)
LaLiga game at Estadio de Balaídos.

LIVE Auckland FC v Perth Glory
2am TNT Sports 2 (kick-off 2am)
The A-League match in Auckland.

LIVE WORLD CUP QUALIFIER

England v Iceland

Sat, kick-off 12.30pm, ITV1

Leah Williamson could feature in the Lionesses' first home fixture of their World Cup qualifying campaign. The Lionesses last played at Nottingham Forest's City Ground 32 years ago, defeating Belgium 6-0 in a Euros qualifying match.

LIVE EUROPA LEAGUE

Round of 16

Thursday, TNT Sports

The full line-up of clubs for the Europa League last 16 had yet to be decided as we went to press, but Ezri Konsa and his Aston Villa teammates had guaranteed qualification for this week's first-leg matches, while Nottingham Forest also looked on course to continue their European adventures.

LIVE CONFERENCE LEAGUE

Round of 16

Thursday, TNT Sports

The Conference League's last 16 had yet to be confirmed ahead of our press day, with striker Jørgen Strand Larsen hoping to help Crystal Palace overcome Zrinjski Mostar in the play-offs. The knockout stage also includes Strasbourg, managed by Gary O'Neil.

Sunday 8

LIVE AFC Wimbledon v Northampton Town
11.30am Sky Sports Football (kick-off 12pm)
League One coverage from the Cherry Red Records Stadium.

LIVE Fulham v Southampton
11.30am TNT Sports 2 (kick-off 12noon)
The FA Cup fifth-round match staged at Craven Cottage. See p29.

LIVE Rangers v Celtic
12noon Premier Sports 1 (kick-off 1pm)
The Scottish Cup quarter-final at Ibrox Stadium.

LIVE Villarreal v Elche
12.55pm Premier Sports 2 (kick-off 1pm)
LaLiga from Estadio de la Cerámica.

LIVE Port Vale/Bristol City v Sunderland
1pm TNT Sports 1 (kick-off 1.30pm)
The FA Cup fifth-round match.

LIVE Athletic Bilbao v Barcelona
3.10pm Premier Sports 2 (kick-off 3.15pm)
The LaLiga match at San Mamés.

LIVE Queens Park Rangers v Middlesbrough
4pm Sky Sports Football (kick-off 4.30pm)
The Championship match at Loftus Road Stadium.

LIVE Leeds United v Norwich City
4pm TNT Sports 1 (kick-off 4.30pm)
The FA Cup fifth-round match held at Elland Road, as Daniel Farke faces his former side. See p29.

LIVE Wrexham Women v Cardiff City Women
4.15pm S4C (kick-off 4.30pm)
The Welsh Cup semi-final.

LIVE Sevilla v Rayo Vallecano
5.25pm Premier Sports 1 (kick-off 5.30pm)
LaLiga action from Estadio Ramón Sanchez Pizjuán.

LIVE St Mirren v Partick Thistle
7.15pm BBC Scotland (kick-off 7.30pm)
The Scottish Cup quarter-final held at The SMISA Stadium.

LIVE Serie A
7.30pm TNT Sports 3

LIVE Valencia v Alaves
7.55pm Premier Sports 1 (kick-off 8pm)

LIVE Central Cordoba v Boca Juniors
10.10pm Premier Sports 1

LIVE River Plate v Atletico Tucuman
12.10am Premier Sports 2

Monday 9

LIVE West Ham United v Brentford
6.30pm TNT Sports 1 (kick-off 7.30pm)
The FA Cup fifth-round match at The London Stadium. See p29.

LIVE Espanyol v Real Oviedo
7.55pm Premier Sports 1 (kick-off 8pm)

Tuesday 10

LIVE Champions League
5pm TNT Sports 1
The round-of-16 first-leg. See p29.

LIVE Stoke City v Ipswich Town
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Championship match staged at bet365 Stadium.

LIVE Champions League
7.30pm TNT Sports 2
The round-of-16 first leg. See p29.

LIVE Championship
7.35pm Sky Sports+

LIVE Champions League
7.45pm TNT Sports 1
The round-of-16 first leg. See p29.

LIVE Champions League
7.45pm Prime Video
The round-of-16 first leg. See p29.

Wednesday 11

LIVE Champions League
5pm TNT Sports 2
The round-of-16 first leg. See p29.

LIVE Champions League
7pm TNT Sports 1
The round-of-16 first leg. See p29.

LIVE Coventry City v Preston North End
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Championship fixture at Coventry Building Society Arena.

LIVE Championship
7.35pm Sky Sports+

LIVE Champions League
7.45pm TNT Sports 2
The round-of-16 first leg. See p29.

LIVE Champions League
7.45pm TNT Sports 3
The round-of-16 first leg. See p29.

LIVE Argentinos v Rosario Central
8.25pm Premier Sports 2

Thursday 12

LIVE Europa League
From 5pm, TNT Sports
Coverage of first-leg games in the round of 16, with fixture details still to be confirmed.

LIVE Conference League
From 5.40pm, TNT Sports
Action from the first legs in the round of 16, with fixture details to be confirmed.

Friday 13

LIVE Brisbane Roar v Western Sydney Wanderers
8am TNT Sports 2 (kick-off 8am)

LIVE Adelaide United Women v Perth Glory Women
8am TNT Sports 3 (kick-off 8am)

LIVE Wrexham v Swansea City
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Championship match at the Racecourse Ground.

LIVE Borussia Mönchengladbach v St Pauli
7.30pm BBC iPlayer (kick-off 7.30pm)
The Bundesliga match held at Borussia-Park.

LIVE Greenock Morton v Partick Thistle
7.30pm BBC Scotland (kick-off 7.45pm)
The Scottish Championship match at Cappielow Park.

LIVE Wellington Phoenix v Perth Glory
2am TNT Sports 2 (kick-off 2am)

LIVE Central Coast Mariners v Adelaide United
4am TNT Sports 2 (kick-off 4am)

PHOTOS: GETTY

6 ISSUES FOR £1*

Don't miss a thing with a subscription to *TV&Satellite Week* magazine

THERE ARE 3 EASY WAYS TO SUBSCRIBE

VISIT magazinesdirect.com/xts/DJ94D

CALL 0330 333 1113 and quote code DJ94D **SCAN** QR code

TERMS AND CONDITIONS: Offer closes 31st October 2026. Offer open to new subscribers only. The Direct Debit offer is available to UK subscribers only. *After your first 6 issues, your subscription will continue at £31.25 payable by Direct Debit every 3 months, saving 32% on the full 3-monthly subscription price of £46.48. We will notify you in advance of any price changes. All gift subscriptions will start with the first available issue on sale after December 2025. If you would like your gift subscription to start with an earlier issue, you can choose an earlier issue when ordering, or you can contact customer services. Orders purchased for yourself will start with the next available issue. The full subscription rate is for 12 months (51) issues, and includes postage and packaging. If the magazine ordered changes frequency per annum, we will honour the number of issues paid for, not the term of the subscription. Access to the digital library ends with your subscription. Payment is non-refundable after the 14-day cancellation period unless exceptional circumstances apply. For full terms and conditions, visit magazinesdirect.com/page/terms-and-conditions. For enquiries, please email: help@magazinesdirect.com.

Saturday

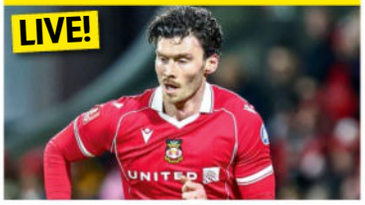
7 March

Evening Planner

Comedy Drama

Adulthood
Sky Premiere, 8.20am & 12.05am
In this Coen-esque comedy, a brother and sister (Josh Gad and Kaya Scodelario) try to clean up an old family crime.

Football



FA Cup Fifth Round
BBC1, TNT Sports & Discovery+
Coverage of Mansfield Town v Arsenal, Wrexham v Chelsea, and the all-Premier League tie of Newcastle Utd v Man City.

Motorsport

F1: Australian Grand Prix
Sky Sports Main Event & Sky Sports F1, race starts at 4am
McLaren's Lando Norris kicks off the defence of his world title in Melbourne.

OnDemand

prime

Outlander
Available today
Caitríona Balfe and Sam Heughan return as Claire and Jamie Fraser in the final season of the sweeping time-travel epic.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 5.30 Match of the Day: The FA Cup – Live		8.00 Gladiators		9.00 Casualty		9.50 News	10.10 The Walsh Sisters
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Europe on the Edge with Katya Adler		9.00 One-Hit Wonders at the BBC: Volume 3		10.00 One-Hit Wonders at the BBC: Volume 2	
	103 ITV1	7.00 Britain's Got Talent			8.25 The 1% Club		9.25 The Jonathan Ross Show		10.25 News / 10.40 It'll Be...
	104 CHANNEL 4	7.00 Crufts				9.00 Bill Bailey's Vietnam		10.00 Film: The Unlikely Pilgrimage of...	
	105 5	‹ 6.30 The Good Life: 50 Years of Laughter		8.00 Lip-Reading the Royals: What Are...		9.00 The Three Kings of 1936			10.30 1983: Those...
	106 SKY ONE	‹ 5.30 F1: Australian...	7.30 The Simpsons	8.00 Film: The Hobbit: An Unexpected Journey					
ENTERTAINMENT	115 BBC3	7.00 Doctor Who			8.30 Gavin & Stacey		9.30 Mrs Brown's Boys		10.30 Film: Mrs...
	116 BBC4	7.00 Design...	7.25 The Good Old Days	8.10 Hetty Wainthropp Investigates		9.00 The Turkish Detective			
	118 ITV2	‹ 6.05 Film: Jurassic World: Fallen Kingdom			8.30 Film: Minority Report				
	136 MORE4	‹ 6.55 Four in a Bed		8.00 24 Hours in A&E					
	135 E4	7.00 Film: The Greatest Showman				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Law & Order: Criminal Intent				10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 Chernobyl			
	110 U&GOLD	‹ 6.00 Only Fools and Horses				9.00 The Royle Family			10.20 Only Fools and Horses
	111 U&DAVE	7.00 Richard Osman's House of Games				9.00 I'm Alan Partridge			
	119 ITV3	‹ 6.00 Midsomer Murders						10.00 Vera	
	120 ITV4	7.00 Darts: UK Open – Live: The second session on day two							
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: The Rock			
	145 SKY SCI-FI	7.00 Star Trek: Voyager							10.30 Westworld
	143 U&DRAMA	7.00 The Brokenwood Mysteries				9.00 Whitechapel		10.00 The Inspector Lynley Mysteries	
	109 U&ALIBI	7.00 Shakespeare & Hathaway		8.00 Father Brown		9.00 Death in Paradise		10.00 Father Brown	
	122 SKY ARTS	7.00 Peter Gabriel: Live in Athens 1987					9.30 Phil Collins: Going Back to Detroit		10.30 Electric Light...
	132 U&W	7.00 Nurses on the Ward				9.00 The Catherine Tate Show			
DOCUMENTARY	125 DISCOVERY	7.00 Scrapyard Dynasty		8.00 Maine Cabin Masters		9.00 Ed Stafford's Rite of Passage		10.00 Expedition Unknown	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 Alaskan Bush People		10.00 Tanked	
	129 NAT GEO	7.00 World War II: Secrets from Above		8.00 World War II: The Apocalypse				10.00 Nazi Megastructures	
	123 SKY HISTORY	7.00 Gold Wars Downunder		8.00 Hannibal: A March on Rome		9.00 Nazi Murder Mysteries			
	155 U&YESTERDAY	7.00 Classic Car Kings		8.00 Bangers & Cash		9.00 Bangers & Cash: Restoring Classics			
	114 SKY DOCS	7.00 I Am Burt Reynolds				9.00 Hill			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.50 How to Train Your Dragon		8.00 Icefall			9.45 Jurassic World: Rebirth		
	302 AWARD SEASON	‹ 6.10 About a Boy		8.00 Bridget Jones's Diary			9.40 Bridget Jones: The Edge of Reason		
	303 WOMEN IN FILM	‹ 6.00 Ocean's Eight		8.00 Wonder Woman					10.25 Miss Congeniality
	304 GREATS	‹ 6.00 Lethal Weapon 3		8.00 Lethal Weapon 4					10.10 Fatal Attraction
	305 ANIMATION	‹ 5.45 Ogglies	7.25 Pets on a Train			9.05 The Garfield Movie			
	306 FAMILY	‹ 6.00 Free Willy		7.55 The Hobbit: The Desolation of Smaug					
	307 ACTION	‹ 5.50 Uncharted		8.00 Spider-Man 3					10.30 I Am Legend
	308 COMEDY	‹ 6.10 Zoolander 2		8.00 The 40-Year-Old Virgin				10.00 Miss Congeniality 2: Armed and...	
	309 THRILLER	‹ 6.00 The Bourne Identity		8.00 The Bourne Supremacy				10.00 The Bourne Ultimatum	
	310 DRAMA	‹ 5.50 About Time		8.00 The Blind Side					10.10 No Escape
	311 SCI-FI	‹ 6.05 Annabelle: Creation		8.00 Arrival				10.00 Blade	
	313 FILM4	‹ 6.55 Central Intelligence				9.00 The Menu			
SPORT	401 MAIN EVENT	‹ 5.30 PGA Tour Golf – Live: The Arnold Palmer Invitational							
	402 PREMIER LEAGUE	‹ 5.30 PL Years	7.30 PL Review		8.30 PL Stories	9.00 Big Interview	9.30 Transfer 360	10.00 PL Review	
	403 FOOTBALL	‹ 5.20 Bundesliga...	7.30 EFL				9.30 EFL Highlights		
	405 CRICKET	7.00 ICC Men's T20 World Cup		8.00 The Story of the ICC Men's T20 World...		9.00 ICC Men's T20 World Cup			
	410 TNT SPORTS 1	7.00 Emirates FA Cup – Live: Newcastle United v Manchester City (Kick-off 8.00)							10.30 The Breakdown
	411 TNT SPORTS 2	‹ 5.00 Emirates FA Cup – Live: Wrexham v Chelsea		8.15 UEFA Europa League & Conference...			9.15 Sign Up – Into Football	10.00 LIV Golf	

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

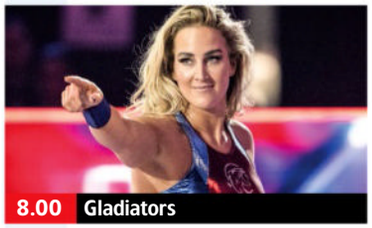
SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Saturday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With chefs Mike Reid and Adejoké Bakare, and Phil Wang chooses his heaven or hell. (S)
11.30 **Nadiya's Simple Spices** (S)(R)(AD)
12.00 NOON **Bargain Hunt** From Southwell, Nottinghamshire. (S)(R)
12.45 PM **BBC News** (S)
1.00 LIVE **Rugby Union: Six Nations** Scotland v France: Gabby Logan presents all the action from both teams' fourth and penultimate match, held at Scottish Gas Murrayfield. Kick-off is at 2.10. (S)
4.15 **Asia** 6/7. David Attenborough focuses on animals that live in Asia's deserts and dry grasslands, including the Gobi bear. (S)(R)(AD)
5.10 **BBC News** (S)
5.20 **Local News** (S)


8.00 Gladiators

5.30 LIVE **Match of the Day: The FA Cup** Wrexham v Chelsea: Mark Chapman presents all the action from the fifth-round tie at StoK Racecourse. With analysis from Wayne Rooney, Micah Richards and Ben Tozer, and reports from Sarah Mulkerrins. Kick-off is at 5.45. (S)

6 PM

7 PM

8 PM

8.00 **Gladiators** New edition 8/11. Bradley and Barney Walsh host the last of the quarter-finals. Giant gets the rematch he's been waiting for, while Bradley and Barney meet Legend's biggest fan. (S)(AD)

9 PM

9.00 **Casualty** *Learning Curve – Part Eight:* Jan answers a call from a woman begging for help for her baby, and Iain struggles to contain his emotions. (S)(AD)
9.50 **BBC News** (S)

10 PM

10.10 **The Walsh Sisters** New episode *It's Not the Worst Thing That's Happened This Week:* 3/6. Anna is in the hospital, reeling from events of the incident and desperate for answers. In rehab, Rachel is restless and increasingly agitated, struggling through withdrawal. (S1) (S)(AD)
■ Entire series on BBC iPlayer
11.00 FILM **Blade Runner 2049** Sci-fi thriller sequel starring Ryan Gosling and Harrison Ford. An android-hunter uncovers a secret and goes in search of the missing detective connected to the case. (S)(AD) (2017, 15, 150min) ★★★★★
1.30 AM **Weather for the Week Ahead**
1.35 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.50 AM **Children's Programmes**
9.15 **Gardeners' World** (S)(R)
10.15 FILM **The Great Caruso** Musical biopic starring Mario Lanza. (S) (1950, U, 110min) ★★★
12.05 PM **Mary Berry: Love to Cook** Tips for beginners. (S)(R)(AD)
12.35 **Great British Menu** (S)(R)(AD)
2.35 **Flog It!** From St Albans. (S)(R)
3.35 FILM **The Bridge at Remagen** World War Two drama starring George Segal and Robert Vaughn. A strategic bridge over the Rhine becomes the site of a desperate battle as the German army falls back before the Allied advance. (S) (1968, PG, 115min) ★★★
5.30 **Do You Know Your Place?** Nitin Ganatra, the Rev Kate Bottley and Alex Gray head to Derry-Londonderry. (S)(R)

9.00 One-Hit Wonders at the BBC

6.00 **Natural World – Mountain Lions: Big Cats in High Places** David Attenborough narrates this documentary following two mountain lion families struggling to raise their cubs in Wyoming's Rocky Mountains. (S)(R)(AD)

7.00 **Celebrity Antiques Road Trip** TV presenters and disability rights campaigners Katie Piper and Adam Pearson hunt for antiques in Northampton, accompanied by experts David Harper and Roo Irvine. (S)(R)

8.00 **Europe on the Edge with Katya Adler** 1/3. The journalist looks at what the future holds for Europe in a world where it can no longer fully rely on America, starting in Italy and Germany. (S)(R)(AD)

9.00 NEW **One-Hit Wonders at the BBC: Volume 3** Archive performances of hits by artists who barely troubled the singles charts again, including songs by Jennifer Paige and Halo James. (S)

10.00 **One-Hit Wonders at the BBC: Volume 2** Another selection of archive performances of hits by artists who barely troubled the singles charts again, including Kim Carnes, Don Henley, Patti Smith and Curtis Mayfield. (S)(R)
11.00 **One-Hit Wonders at the BBC** A compilation of hits by artists hardly heard from again, including Peter Sarstedt's *Where Do You Go To (My Lovely)?* and *Move Closer* by Phyllis Nelson. (S)(R)(AD)
12.00 M'T FILM **Sound of Metal** Drama with Riz Ahmed and Olivia Cooke. (S)(AD) (2021, 15, 115min) ★★★★★
1.55 AM **Sign Zone: Industry** (S)(R)(AD)
3.00 **Sign Zone: Small Prophets** (S)(R)
3.30 **to 6.45** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Celebrity Lingo** (S)(R)
6.30 **Love Your Garden** (S)(R)(AD)
7.25 **Love Your Weekend with Alan Titchmarsh** With Mary Berry. (S)(R)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition With Alan Davies. (S)
11.45 **ITV News** (S)
12.00 NOON LIVE **Football: Women's World Cup Qualifier** England v Iceland: Coverage of both teams' second FIFA World Cup Group A3 qualifier, held at the City Ground in Nottingham. Kick-off is at 12.30. (S)
3.00 PM **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
3.35 LIVE **Rugby Union: Six Nations** Italy v England: All the action from the match in the fourth round of fixtures, held at Stadio Olimpico in Rome. Kick-off is at 4.40. (S)

12.00 Women's World Cup Qualifier

LIVE **Rugby Union: Six Nations** (started at 3.35pm)

7.00 **Britain's Got Talent** New edition Ant and Dec host as more performers take to the stage at the auditions in Blackpool, trying to impress judges Simon Cowell, Amanda Holden, Alesha Dixon and KSI and secure their place in the live semi-finals. (S)(AD)
8.25 **The 1% Club** New edition Quiz hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants having a chance of winning up to £100,000. (S)(AD)
9.25 **The Jonathan Ross Show** New edition Jonathan is joined by actors Kurt Russell and Tim Roth, musician David Byrne, space scientist Maggie Aderin and comedian Sara Pascoe. Plus, Noah Kahan performs in the studio. (S)
10.25 **ITV News** (S)
10.40 **It'll Be Alright on the Night** Broadcast bloopers, featuring Pedro Pascal, Jeremy Clarkson and Prue Leith. (S)(R)(AD)
11.05 **English Football League Highlights** The latest EFL action, including Ipswich Town v Leicester City and Bristol City v Coventry City in the Championship. (S)
12.35 AM **Teleshopping**
3.00 **Long Lost Family: Born Without Trace** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **M&S: Dress the Nation** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

5.50 AM **The King of Queens** (S)(R)
7.05 **The Simpsons** (S)(R)(AD)
8.00 LIVE **Winter Paralympics** Ed Jackson and Billy Monger present coverage of the opening events on the first day of the Games, held in Milan and Cortina d'Ampezzo, Italy. (S)
10.30 LIVE **Winter Paralympics** Continued coverage from Italy, including the para biathlon 7.5km sprint finals sitting at Tesero Cross-Country Skiing Stadium. (S)(AD)
1.00 PM **F1: Australian Grand Prix Qualifying Highlights** The battle for grid positions in the first round of the season from Melbourne. (S)
2.30 LIVE **Crufts** Radzi Chinyanganya and Clare Balding host coverage from the NEC in Birmingham. *Coverage continues at 7.00pm.* (S)

9.00 Bill Bailey's Vietnam

6.00 **News** (S)
6.30 **Winter Paralympics Highlights** Ade Adepitan presents action from the opening day of the Games, held in Milan and Cortina d'Ampezzo, Italy. (S)(SL)

7.00 LIVE **Crufts** Claudia Winkleman and Clare Balding host further coverage from Birmingham. The road to Best in Show continues with judging of both the Utility Group, including schnauzers and poodles, and the pocket rockets of the canine world – the Toy dogs. Ellie Simmonds talks about her Dog of the Day, while Scruffts gives crossbred dogs their chance to shine in categories including Golden Oldie and Most Handsome. (S)

9.00 **Bill Bailey's Vietnam** New edition Bill travels down the Indochina peninsula. Arriving in Ho Chi Minh City, Bill finds himself caught between wartime tunnels, endless traffic, and metal and folk music. (S)(AD)

10.00 FILM **The Unlikely Pilgrimage of Harold Fry** Drama based on Rachel Joyce's novel, starring Jim Broadbent and Penelope Wilton. A man embarks on a 500-mile trek to see a terminally ill former work colleague. (S)(AD) (2023, 12, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.00 M'T FILM **Fury** World War Two drama starring Brad Pitt, Shia LaBeouf and Logan Lerman. (S)(AD) (2014, 15, 140min) ★★★
2.20 AM **Handcuffed: Last Pair Standing** (S)(SL)(R)(AD)
4.10 **Location, Location, Location** (R)
5.05 **to 5.55** AM **The Simpsons** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.10 **Bargain-Loving Brits in the Sun**
9.25 **Ben Fogle: New Lives in the Wild** Double bill. (S)(R)
11.25 **Dogs Behaving (Very) Badly** Double bill of editions. (S)(R)
1.25 PM **Catching Up with the Royals with Rev Richard Coles & Emily Andrews** New edition
2.25 **The Yorkshire Vet** (S)(R)(AD)
3.20 **Our Yorkshire Farm** The Owen family tackle their second lockdown during one of the worst winters ever faced. (S)(R) **4.20** Amanda attempts to forge a new partnership with Clive's young sheepdog. (S)(R) **5.25** The family prepare for their busiest time of the year as lambing season begins. (S)(R)

8.00 Lip-Reading the Royals

6.20 **News** (S)
6.30 **The Good Life: 50 Years of Laughter** A celebration of one of the UK's most enduring sitcoms, with contributions from Penelope Keith along with the families of her co-stars Richard Briers and Paul Eddington. (S)(R)
8.00 **Lip-Reading the Royals: What Are They Really Saying?** New edition 2/4. Experts reveal what they believe President Donald Trump said to the Princess of Wales. (S)
9.00 **NEW The Three Kings of 1936** A look back at the year that saw the House of Windsor face a crisis with the death of George V, the brief reign and unprecedented abdication of Edward VIII, and the reluctant rise of George VI. (S)
10.30 **1983: Those Were the Days** Key events, including the breakfast TV battle between the BBC and ITV. (S)(R)
12.30 AM **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
12.55 **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.30 **Friends** (S3) (S)(R)(AD)
2.55 **The Chernobyl Disaster: Firestorm** (S)(R)
3.45 **Rich House, Poor House** (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Highway Patrol** (S)(R)
6.30 **Hawaii Five-0** 5/24. (S1) (S)(R)
7.30 **F1: Australian Grand Prix Qualifying Highlights** Action from the battle for grid positions at Albert Park Circuit.
9.30 **Ted's Notebook**
10.00 **The Simpsons** (S)(R)
12.00 NOON **Secret World of Sound with David Attenborough** 1&2/3. Double bill. (S)(R)(AD)
2.00 PM **Gillette Labs Soccer Saturday** Stay up to speed with the afternoon's football matches up and down the country.
5.30 **F1: Australian Grand Prix Qualifying Highlights** Action from the battle for grid positions in the first round of the season, held at Albert Park Circuit in Melbourne. (R)

11.00 Ted

F1: Australian Grand Prix Qualifying Highlights (started at 5.30pm)
7.30 **The Simpsons** *The Scorpion's Tale:* Lisa discovers a patch of wild flowers has a calming effect on Springfield's human population. (S)(R)
8.00 **FILM The Hobbit: An Unexpected Journey** Peter Jackson's epic fantasy adventure based on JRR Tolkien's children's novel, starring Martin Freeman and Ian McKellen. Home-loving hobbit Bilbo Baggins joins a company of dwarves on a perilous quest to reclaim their lost kingdom. With Richard Armitage, Andy Serkis and Cate Blanchett. (S) (2012, 12, 180min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.00 **FILM Ted** Offbeat buddy comedy starring Mark Wahlberg and Mila Kunis, and featuring the voice of Seth MacFarlane. (S) (2012, 15, 120min) ★★★★
1.00 AM **The Dyers' Caravan Park** 3/6. Danny and Dani decide to hold a big open day. (S)(R)(AD)
2.00 **Brassic** 2/6. Things go awry when the boys plan a heist at a strip club. (S1) (S)(R)(AD)
3.00 **The Force: Manchester** (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.00pm Sportscene: Scottish Cup Highlights (S) **11.45** **FILM** Blade Runner 2049 (S)(AD) (2017, 15, 155min) ★★★★★ **2.20-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
5.30pm Natural World: Mountain Lions – Big Cats in High Places (S)(R)(AD) **6.30** Jane Rea's Bloomin' Wild (S)(R) **7.00-8.00pm** Story and Song: 180 Years of Queen's (S)(R)

WALES
Sky **968**, Freesat **968**
3.35pm Britain's Wild Places: The Sheep Beside the Sea (S)(R) **3.45** Weatherman Walking: The Welsh Coast (S)(R) **4.15** **LIVE** Match of the Day Wales (S) **6.40** Mike Bubbins: Welsh Learner (S)(R) **7.30-8.00pm** Do You Know Your Place? (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Dreigiau Cadi **10.15** Am Dro! **11.20** Dim Byd i'w Wisgo **11.55** Ffermio **12.30pm** **LIVE** Sgorio **2.50** Iolo: Natur Bregus Cymru (AD) **3.50** Prosiect Pum Mil **4.45** Cartrefi Cymru **5.10** Iaith ar Daith (AD) **6.05** Cynefin **7.10** Newyddion a Chwaraeon **7.25** **LIVE** Clwb Rygbi Rhyngwladol – Dan 20 **9.50** Clwb Rygbi Rhyngwladol **10.55pm-12.00m't** 30 Stôn: Brwydr Fawr Geth a Monty

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *A Town Called Mercy:* 3/16. The Time Lord faces a gunslinger in a Wild West town. **7.45** *The Power of Three:* 4/16. Earth is invaded by millions of sinister-looking black cubes. (S7)
8.30 **Gavin & Stacey** 8/8. Festive episode from 2008. The couple make a surprise announcement. (S2)
9.30 **Mrs Brown's Boys** 1/7. Agnes falls under the spell of a hypnotist. **10.00** 2/7. Cathy goes to great lengths to impress her psychologist boyfriend. (S3)
10.30 **FILM Mrs Brown's Boys D'Movie** Comedy spin-off starring Brendan O'Carroll and Jennifer Gibney. The indomitable Irish matriarch fights to defend Dublin's famous street market from being sold off to developers. (2014, 15, 92min) ★★
12.00 M'T **Two Pints of Lager and a Packet of Crisps**
3.00 **to 4.00** AM **Gavin & Stacey**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Design Classics** The map of London Underground.
7.25 **The Good Old Days** With Les Dawson.
8.10 **Hetty Wainthropp Investigates** *The Astral Plane:* A spiritualist comes under investigation.
9.00 **The Turkish Detective** 5/8. A serial killer appears to be targeting rubbish collectors in a poverty-stricken neighbourhood. **9.55** 6/8. Suleyman goes undercover as a rubbish collector in an attempt to find the serial killer. (S1)
10.40 **FILM Brief History of a Family** Chinese psychological thriller starring Zu Feng and Guo Keyu. Subtitled. (2024, 15, 100min) ★★★★
12.15 AM **Keeping Up Appearances** Hyacinth visits a stately home.
12.45 **Sorry!** First episode.
1.15 **The Good Old Days**
2.00 **Hetty Wainthropp Investigates** As 8.10pm.
2.50 **to 3.20** AM **Meet the Ancestors**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun**
12.05 PM **Four in a Bed**
2.40 **Come Dine with Me** Five editions of the culinary contest from Oxford.
5.25 **Four in a Bed** The first visit of the week is to Burnswood Boutique Escapes in Devon. **5.55** The second visit of the week is to Ashby's Accommodation, Portsmouth. **6.25** The third visit is to Bosham B&B in West Sussex. **6.55** The final visit is to The Dog at Wingham in Kent.
7.25 **Four in a Bed** The B&Bers gather for Payment Day.
8.00 **24 Hours in A&E** A 79-year-old man arrives in hospital after collapsing in the street whilst walking his dog, and a young boy is treated after pushing a plastic toy into his ear
9.00 **24 Hours in A&E** Two cyclists are brought into the A&E department with serious head injuries, and staff also treat a man who has fallen from scaffolding.
10.00 **24 Hours in A&E** The stories of children and teenagers brought into A&E, including a 16-year-old with suspected spinal injuries and a four-year-old child with a fishbone stuck in his throat.
11.05 **999: On the Front Line**
1.15 AM **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Lego Masters Australia**
7.15 **Rude(ish) Tube Shorts**
7.30 **Don't Tell the Bride**
8.30 **Modern Family**
10.30 **Ramsay's Kitchen Nightmares USA**
2.30 PM **The Simpsons** Nine episodes, including at: **6.00** *Burns' Heir:* Mr Burns chooses an heir from the children of Springfield. **6.30** *Sweet Seymour Skinner's Baadasssss Song:* Bart's antics with Santa's Little Helper cause mayhem.
7.00 **FILM The Greatest Showman** Musical drama starring Hugh Jackman, Zac Efron and Michelle Williams. Former shipping clerk PT Barnum attempts to create and develop his New York circus in the mid-1800s. (2017, PG, 102min) ★★★★
9.00 **Celebrity Gogglebox** Famous faces appraise *The Piano, Bridgerton, The Sky at Night, The World's Most Luxurious Retirement Homes* and *Scam Interceptors*.
10.00 **Gogglebox** Opinions on *Strictly Come Dancing, Slow Horses, Antiques Roadshow, Eva Longoria: Searching for Spain* and *Blue Lights*.
11.05 **Gogglebox**
12.10 AM **First Dates**
2.20 **Gogglebox**
4.10 **Don't Tell the Bride**
5.05 **to 6.00** AM **Modern Family**

+1 hr 235/236 306 30 123 256

Saturday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
8.00 **Customs UK** Double bill.
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Brit Cops: Rapid Response**
12.00 NOON **Caught Red Handed**
2.00 PM **Police 24/7** A suspect's neighbour tips off officers. **3.00** A routine traffic stop for improper use of the middle lane escalates into a chase. **4.00** Officers pull over a car containing a suspect wanted for firearms and explosives.
5.00 **Nothing to Declare**

11.00 The Equalizer

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Law & Order: Criminal Intent** *Icarus:* 7/8. A Broadway star falls to his death. Guest stars Patti Smith and Cynthia Nixon.

9 PM
9.00 **Law & Order: Criminal Intent** *To the Boy in the Blue Knit Cap:* 8/8. Last episode. Twin brothers are found dead. (S10)

10 PM
10.00 **Law & Order: Special Victims Unit** *First Light:* 9/22. A woman is faced with a video of a night she can't remember. (S26)
11.00 **The Equalizer** 9/10. (S1)
12.00 M'T **Law & Order: Criminal Intent** 2&3/8. (S10)
2.00 AM **Watson** New episode 4/20. Mystery drama. (S2)
3.00 **Road Wars**
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Game of Thrones** (S2)
2.25 PM **Game of Thrones** 7/10. Theon embarks on a hunt. **3.30** 8/10. Daenerys ignores Jorah Mormont's advice. **4.35** 9/10. Tyrion defends King's Landing against Stannis Baratheon's naval assault. **5.40** 10/10. Daenerys summons the courage to enter the House of the Undying. (S2) **6.50** 1/10. Jon Snow tries to earn the trust of wildling leader Mance Rayder. (S3)

10.10 Chernobyl

7.55 **Game of Thrones** *Dark Wings, Dark Words:* 2/10. Jaime finds a way to pass the time, and Arya encounters outlaw group the Brotherhood Without Banners. (S3)
9.00 **Chernobyl** *1.23.45:* 1/5. Firefighters put their lives on the line to try to deal with an explosion at the Chernobyl power plant.
10.10 **Chernobyl** *Please Remain Calm:* 2/5. Ulana warns Valery Legasov about the threat of second, devastating explosion. (S1)
11.25 **The White Lotus** 1/6. Comedy drama with Murray Bartlett. **12.30** AM 2/6. Mark reconnects with Quinn. (S1)
1.35 **True Detective: Night Country** 6/6. (S4)
2.55 **Game of Thrones** (S3)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
7.55 **The Only Way Is Essex**
10.55 **Deal or No Deal**
12.55 PM **The Floor**
1.55 **Britain's Got Talent**
3.10 **Celebrity Catchphrase**
4.15 FILM **Trolls Band Together** Animated musical featuring the voice of Anna Kendrick. (2023, U, 91min) ★★★
6.05 FILM **Jurassic World: Fallen Kingdom** Action adventure sequel starring Chris Pratt. (2018, 12, 128min) ★★★

8.30 Minority Report

FILM Jurassic World: Fallen Kingdom (film started at 6.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8.30 FILM **Minority Report** Steven Spielberg's sci-fi action thriller starring Tom Cruise, Colin Farrell and Max von Sydow. In Washington in 2054, the authorities prevent potential murders thanks to the visions of three psychics. Then, the chief of the Pre-Crime unit becomes a suspect himself. (2002, 12, 145min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.20 **Family Guy** 17/20. Peter ends up in a coma. **11.50** 12/20. Peter is grounded by Lois. (S18)
12.20 AM **American Dad!** (S20&16)
1.20 **Plebs** 2/8. (S2)
1.50 **Deal or No Deal**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Wycliffe** (S2)
8.10 **Lewis** *The Gift of Promise.*
10.15 **Agatha Christie's Marple**
12.20 PM **Agatha Christie's Poirot**
1.30 LIVE **Racing** Ed Chamberlin presents coverage from Sandown and Wolverhampton.
4.00 **Midsomer Murders** *Things That Go Bump in the Night:* Barnaby and Scott investigate the murder of an undertaker in Fletcher's Cross. **6.00** *The Blacktrees Prophecy:* A survivalist is found murdered in his bombproof shelter.

1.30 Racing

Midsomer Murders (started at 6.00pm)
8.00 **Midsomer Murders** *The Debt of Lies:* The newest resident of a tight-knit police retirement community is found dead and Barnaby's investigation leads him to suspect the killer is likely to be an ex-officer.
10.00 **Vera** *Darkwater:* A boy is found dead in a reservoir near a remote rural town. Vera takes on the case, and uncovers a web of fractured relationships within the community.
11.50 **A Touch of Frost** *Stranger in the House:* A rapist arouses Frost's righteous indignation.
1.55 AM **On the Buses**
2.25 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.20 **The Big Match Revisited**
8.25 **The Sweeney**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.35 **The Casebook of Sherlock Holmes** Murder mystery.
12.40 PM **The Derby Through the Years** Memorable stagings.
1.00 LIVE **Darts: UK Open** The opening session on day two from Butlin's Minehead.
5.00 **Great Racehorses**
5.20 **River Monsters**
5.55 **Aussie Pickers**

5.20 River Monsters

7.00 LIVE **Darts: UK Open** Pete Graves presents coverage of the second session on day two from Butlin's Minehead, featuring matches in the sixth round. Dimitri Van den Bergh's reign as champion came to an emphatic end at this stage last year when he lost 10-3 to Michael Smith. His successor, Luke Littler, was made to work hard to progress 10-8 against Krzysztof Ratajski, and Luke Humphries claimed a comfortable 10-2 victory over Ryan Joyce. With analysis from Wayne Mardle and Glen Durrant.
11.00 **Wrestling: AEW Dynamite** Action from the world of All Elite Wrestling, featuring Jon Moxley and Bryan Danielson.
1.00 AM **The Sweeney**
2.00 **Motorsport Mundial**
2.30 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **This Farming Life** 2/12. Ally is hoping to make his mark at Dingwall show and market.
8.15 **Beechgrove Repotted** Kirsty Wilson makes four practical garden items from recycled materials.
8.30 **Icons of Football** The life of former Scotland winger John Robertson.
9.00 NEW **Caroline Walker: Women's Work** Documentary following the internationally renowned Scottish artist over four years.
10.00 **Greetings from Scotland** 2/2. Two events that transformed Scottish tourism in 1995.
11.00 PM **to 12.00** M'T **Murder Case: The Hunt for Arlene Fraser's Killer** 2/2. A decades-long quest for justice.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
10.30 **Ballers** 1-4/10. (S3)
12.50 PM **Sex and the City**
4.00 **Community** (S1)
6.30 **The Office (US)** 3/19. Jim and Pam's relationship is revealed. **7.00** 4/19. Michael and Dwight present food gift baskets to former clients. **7.30** 5/19. The staff prepare for the new website's launch party. **8.00** 6/19. Dwight and Michael kidnap a pizza delivery boy. **8.30** 7/19. Michael tries everything he can think of to confront his increasing debt. (S4)
9.00 FILM **Chris Fleming: Live at the Palace** A stand-up special.
10.30 **John Bishop 25 Tour: Live from Dublin** Stand-up performance.
12.15 AM **Chris Rock: Bigger & Blacker** Stand-up.
1.40 **And Just Like That...**
3.15 **to 5.00** AM **Entourage**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Bregenz: Madama Butterfly**
8.20 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **The Beach Boys: Endless Harmony**
3.15 FILM **Fun in Acapulco** Musical comedy starring Elvis Presley. (1963, U, 93min) ★★
5.00 **Landscape Artist of the Year** The Falkirk Wheel.
7.00 **Peter Gabriel: Live in Athens 1987** A concert by the singer at the hillside open-air theatre at Lycabettus.
9.30 **Phil Collins: Going Back to Detroit** The roots and legacy of the Motown sound.
10.30 **Electric Light Orchestra: Live – The Early Years**
11.35 **Pink Floyd: P.U.L.S.E**
2.35 AM **Live from Abbey Road** With Paul Simon.
4.40 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security USA**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Caught Red Handed**
4.00 **Monkey Life**
5.00 **Gangs of Baboon Falls**
6.00 **Africa's Wild Horizons**
7.00 **Kalahari: Land of Secret Alliances** Elephant herds cooperate and meerkats adopt a strange babysitter.
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
9.00 FILM **The Good, the Bad and the Ugly** Sergio Leone's Spaghetti Western starring Clint Eastwood, Lee Van Cleef and Eli Wallach. (1966, 15, 155min) ★★★★★
12.10 AM **Caught on Dashcam** Double bill.
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **In with a Shout** Game show hosted by Joel Dommett.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Sophena tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **In with a Shout** Game show hosted by Joel Dommett.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show hosted by Warwick Davis.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Come Dine with Me**
2.00 PM **A Place in the Sun: What Happened Next?**
3.00 **A Place in the Sun** Five editions, including at: **7.00** Leah Charles-King helps a couple from Derbyshire find a home on Spain's Costa Blanca.
8.00 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help two couples searching for new homes in the south east of England.
9.00 **Kirstie and Phil's Love It or List It** The hosts help Sue and Richard decide whether to sell or renovate their home.
10.00 FILM **The Great Wall** Fantasy adventure with Matt Damon, Willem Dafoe and Tian Jing. (2016, 12, 103min) ★★★
12.05 AM **Gogglebox**
2.05 **Bill Bailey: Cosmic Jam**
3.05 **Bargain Holiday Secrets**
4.05 **to 5.00** AM **The Dog House**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 FILM **War of the Worlds: Extinction** Sci-fi adventure starring William Baldwin. (2024, PG, 84min) ★★
1.00 PM **Star Trek: The Next Generation** Five episodes of the sci-fi drama, including at: **5.00** 14/26. Troi undergoes a transformation. (S6)
6.00 **Star Trek: Voyager** 13/26. B'Elanna repairs a deactivated humanoid robot, only to end up being abducted. (S2)

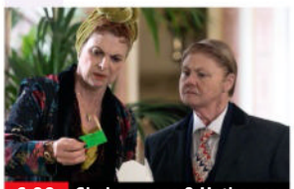
10.30 Westworld

7.00 **Star Trek: Voyager** *Alliances:* 14/26. Janeway forms a strategic alliance with Kazon factions.
8.00 **Star Trek: Voyager** *Threshold:* 15/26. Lieutenant Paris tries to break the Warp 10 barrier. **8.50** *Meld:* 16/26. Tuvok explores Ensign Suder's psyche in a bid to discover why he killed a fellow crew member. **9.40** *Dreadnought:* 17/26. The crew struggle to intercept a rogue Cardassian missile. (S2)
10.30 **Westworld** *Parce Domine:* 1/8. Dolores learns how artificial beings are treated in the real world. (S3)
11.55 **Westworld** 2/8. Maeve meets a ghost from the past. **1.00** AM 3/8. Charlotte grapples with reality. **2.00** 4/8. Bernard and Ashley infiltrate a charity event. **3.00** 5/8. Caleb is dosed with an unusual drug. (S3)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S10)
10.00 **The Doctor Blake Mysteries**
12.00 NOON **Inspector George Gently** Pilot episode.
2.00 PM **Father Brown** Four episodes, including at: **4.00** *The Hidden Man:* Father Brown's friendship with Flambeau is tested to its limits. **5.00** *The Royal Visit:* A school caretaker is found murdered.
6.00 **Shakespeare & Hathaway: Private Investigators** 7/10. The duo investigate a missing person case at a casino. (S2)


6.00 Shakespeare & Hathaway

7.00 **Shakespeare & Hathaway: Private Investigators** 8/10. Frank and Luella help an amnesiac man. (S2)
8.00 **Father Brown** *The Scars of War:* Sullivan asks for Father Brown's help when Mrs Devine's son Eddie gets framed for murder.
9.00 **Death in Paradise** *Beyond the Shining Sea – Part One:* 5/8. A festival queen is murdered. (S8)
10.00 **Father Brown** *The Gardeners of Eden:* A terminally ill celebrity florist brings glamour and murder to Kembleford. Guest stars Elaine Paige.
11.00 **Mudtown** 3/6. Beca brings Sonny over for dinner, which only succeeds in heightening Claire's distrust. (S1)
12.00 M'T **Father Brown**
2.00 AM **Murdoch Mysteries** (S10)
3.00 **to 4.00** AM **The Diplomat**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Only Fools and Horses**
1.20 PM **Only Fools and Horses** Eight episodes, including at: **4.40** Del Boy and Rodney reluctantly agree to let Grandad join them on their holiday abroad – a decision they soon come to regret. **5.20** Del Boy seizes a once-in-a-lifetime opportunity to improve his social standing by launching his own chandelier-cleaning business. **6.00** Christmas special from 1990. Rodney leaves home after a fight with Cassandra.

9.00 The Royle Family

7.40 **Only Fools and Horses** Rodney starts going out with a police officer, much to Del's consternation. **8.20** Del tries to sell a pair of antique urns – but one contains the ashes of Trigger's late grandfather.
9.00 **The Royle Family** Nana comes to stay while she recuperates from her recent cataract operation. **9.40** Barbara decides she has had enough of Jim's laziness and walks out.
10.20 **Only Fools and Horses** Del Boy takes up cards in his latest bid to make a fortune – much to the annoyance of Rodney and Grandad, who fear he will gamble away everything they have.
11.00 **Only Fools and Horses**
3.15 **to 4.00** AM **The Royle Family**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Modern Life Is Goodish**
8.00 **Hairy Bikers' Best of British**
9.00 **Rick Stein: From Venice to Istanbul** A visit to Albania.
10.00 **Top Gear** Double bill.
12.00 NOON **World's Most Dangerous Roads**
2.00 PM **Motorhoming with Merton & Webster**
3.00 **Would I Lie to You?**
3.40 **Would I Lie to You? The Unseen Bits** Extra material.
4.20 **Would I Lie to You? The Best Bits** Series highlights.
5.00 **Would I Lie to You?**

9.00 I'm Alan Partridge

7.00 **Richard Osman's House of Games** Stephen Bailey, Amanda Lamb, Crystelle Pereira and Nick Moran take part. **7.40** With Amanda Lamb and Crystelle Pereira. **8.20** With Carol Smillie, Babatunde Aléshé, Richie Anderson and Jo Caulfield.
9.00 **I'm Alan Partridge** Alan gets drunk and steals a traffic cone. **9.40** Alan's biggest fan ruins his chances of landing an Irish TV series. **10.20** Alan jumps for joy at the news that his arch-enemy, Tony Hayers, has died in a bizarre accident.
11.00 **QI XL** With Noel Fielding.
12.00 M'T **Have I Got a Bit More News for You** With Jo Brand.
1.00 AM **Would I Lie to You?**
1.40 **Meet the Richardsons**
2.15 **Dave Gorman: Modern Life Is Goodish**
3.15 **to 4.00** AM **QI**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.10 AM **Birds of a Feather**
8.55 **Lovejoy**
12.15 PM **Father Brown**
1.15 **New Tricks** Double bill.
3.55 **Jonathan Creek** *Mother Redcap:* Gangsters threaten to murder a High Court judge.
5.00 **The Marlow Murder Club** 3/6. A man with no ID and no connection to Marlow is found dead in the middle of a road. **6.00** 4/6. A surprising link to a past missing persons case shines a new light on the residents of Linnet Close. (S2)

9.00 Whitechapel

7.00 **The Brokenwood Mysteries** *Nun of the Above:* 3/6. When a nun is murdered, the team investigate a convent where all the sisters have secrets and nothing is what it seems. (S9)
9.00 **Whitechapel** 4/6. Part two of two. Another torso is washed up from the Thames, this time at Putney Bridge. (S3)
10.00 **The Inspector Lynley Mysteries** *If Wishes Were Horses:* Helen's actions have devastating consequences.
12.00 M'T **New Tricks** *Good Morning Lemmings:* The team reopen the four-year-old case of a murdered graffiti artist.
1.20 AM **Sister Boniface Mysteries**
2.25 **Birds of a Feather**
3.00 **to 4.00** AM **Queens of Mystery**

+1 hour 243 316 60 260

Saturday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Documentary.
9.20 **Blue Bloods** (S7)
2.00 PM **NCIS: Los Angeles** Seven episodes of the drama, including at: **6.00** *Found:* 21/24. A video of a kidnapped agent is posted on a jihadist website. **7.00** *Hunted:* 22/24. The team try to track down terrorist leader Ala A Din Keshwar. **8.00** *Burned:* 23/24. Callen's cover is blown while he is working undercover. (S1)
9.00 **Instinct** *After Hours:* 7/11. Dylan and Lizzie investigate the murder of a high-powered public relations representative. (S2)
10.00 **Law & Order: Special Victims Unit** (S22&21)
1.45 AM **Law & Order: Criminal Intent** (S5)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Home and Away**
9.30 **Entertainment News**
9.45 **Shoplifters: Caught Red Handed** Double bill.
11.45 **Nightmare Tenants, Slum Landlords**
3.45 PM **Rogue Claimers**
4.45 FILM **Mirror Mirror** Fantasy comedy. (2012, PG, 101min) ★★★
6.55 **Cruising with Jane McDonald** From Miami.
7.10 FILM **Miss Potter** Biopic starring Renée Zellweger. (2006, PG, 93min) ★★★
9.00 FILM **The Best Exotic Marigold Hotel** Comedy drama with Judi Dench. (2011, 12, 118min) ★★★★
11.30 **Diana: The Princess and the Bodyguard**
1.00 AM **999: Emergency Call Out** Documentary.
2.00 **Forensics: Murder Scene**
3.10 **to 4.00** AM **Murder Scene: The Incident Room**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Police Interceptors**
12.15 PM **Motorway Cops: Catching Britain's Speeders** Five editions, including at: **3.20** PC Will Hunter pursues a car suspected of having cloned plates. **4.20** Sgt Dave Roberts races to a crash between a car and a cyclist.
5.25 FILM **Seven Men from Now** Western drama starring Randolph Scott. (1956, U, 77min) ★★★
7.05 FILM **The Big Gundown** Spaghetti Western starring Lee Van Cleef. (1966, 15, 84min) ★★
9.00 FILM **Cold Pursuit** Action drama starring Liam Neeson. A grieving snowplough driver seeks out revenge against the drug dealers who murdered his son. (2019, 15, 119min) ★★★
11.10 PM **to 4.00** AM **Banged Up Abroad**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **999 Rescue Squad** Four editions of the series, including at: **5.00** A construction worker has a metal spike impaled in his face. **6.00** A woman plunges 10ft through the floorboards of her home.
7.00 **Nurses on the Ward** Newly minted Matron Steph comes to the aid of a 79-year-old who suffered a sudden loss of consciousness at home. **8.00** Renee treats a patient with a flare-up of ulcerative colitis.
9.00 **The Catherine Tate Show** Triple bill of the comedy sketch show.
11.00 **Nurses Down Under**
12.00 M'T **Louis Theroux: Shooting Joe Exotic**
1.55 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Coastal Railway Journeys**
8.00 **How to Build a Motor Car** Four editions.
12.00 NOON **Great American Railroad Journeys**
2.00 PM **Canal Boat Diaries**
4.00 **Greece with Simon Reeve** Double bill.
6.00 **Caribbean with Simon Reeve** Simon visits the Dominican Republic, Haiti and Puerto Rico.
7.00 **Classic Car Kings**
8.00 **Bangers & Cash** Derek is charmed by a 1929 Rolls Royce Phantom with an unusual history.
9.00 **Bangers & Cash: Restoring Classics** The team send their Paul Smith Mini in for some designer tailoring. **10.00** The team try their hardest not to go too far on an Opel Manta.
11.00 PM **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** North Cornwall.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Antiques Road Trip**
6.00 **Money for Nothing** A photographer's lamp is transformed. **7.00** Transforming a sideboard, a chaise longue and an overcoat. **8.00** A pair of blow torches and a desk get the upcycling treatment.
9.00 **My Lottery Dream Home** Double bill.
10.00 **Celebrity IOU** New edition Mario Lopez surprises a longtime friend with a kitchen renovation.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

SATURDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **Little House on the Prairie** 5-9/22. (S9)
1.00 PM **Little House on the Prairie** Eight episodes of the series, including at: **6.00** *Once Upon a Time:* 15/22. Laura wins a writing competition. **7.00** *Home Again – Part One:* 16/22. Part one of two. Charles returns to Walnut Grove. **8.00** *Home Again – Part Two:* 17/22. Part two of two. Albert's secret is revealed. (S9)
9.00 **The Ruth Rendell Mysteries** *May and June:* Two estranged sisters are reconciled, but one is consumed with jealousy over the other's lifestyle. Stars Phoebe Nicholls and Christine Kavanagh.
11.15 **Rumpole of the Bailey**
1.15 AM **Home to Roost**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
10.30 FILM **Lone Rider** Western adventure. (2008, PG, 80min) ★★
12.25 PM FILM **A Man Called Sledge** Western drama. (1970, PG, 93min) ★★
2.25 FILM **A Lawless Street** Western. (1955, U) ★★
4.10 FILM **Hangman's Knot** Western adventure. (1953, PG, 81min) ★★
6.05 FILM **Robin Hood: Prince of Thieves** Fantasy adventure. (1991, PG, 138min) ★★
9.00 FILM **Lock Up** Drama with Sylvester Stallone. (1989, 18, 106min) ★★
11.20 FILM **Bunraku** Fantasy. (2010, 15, 119min) ★★★
1.55 AM FILM **Collision Course** Action thriller. (2012, PG, 90min) ★★
3.40 FILM **Miami Magma** Sci-fi disaster movie. (2011, 15, 97min) ★★
5.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.00 AM **Police Ten 7**
8.30 **Diagnosis Murder**
9.30 FILM **Reap What You Sew** Crime drama. (2018, PG, 90min) ★★
11.25 FILM **The Disappearing Game** Crime drama. (2018, PG, 83min) ★★
1.20 PM FILM **The Gourmet Detective** Mystery. (2015, PG, 90min) ★★
3.15 FILM **Past Malice** Thriller. (2018, PG, 90min) ★★
5.10 FILM **Silent Witness** Drama. (2019, PG) ★★
7.05 FILM **Her Last Breath** Thriller. (2019, PG) ★★
9.00 FILM **A Bundle of Trouble** Crime thriller. (2017, U, 85min) ★★
10.55 FILM **Truth Be Told** Drama. (2015, PG) ★★
12.50 AM FILM **Secrets That Kill** (2020, 12) ★★
2.35 FILM **Nanny's Killer Scandal** (2018, 15) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM FILM **Accidentally Engaged** Romance. (2016, PG, 86min) ★★
10.05 FILM **Pearl in Paradise** Comedy. (2018, PG) ★★
12.00 NOON FILM **Love on Iceland** Comedy. (2020, U, 84min) ★★
1.55 PM FILM **Be My Valentine** Comedy. (2013, PG, 90min) ★★
3.50 FILM **Her Pen Pal** Drama. (2021, PG) ★★
5.45 FILM **Love at Lookout Lake** (2025, U) ★★
7.45 FILM **A Wedding for Belle** (2025, PG) ★★
9.45 FILM **Two Tickets to Paradise** Romance. (2022, PG, 84min) ★★
11.35 FILM **Christmas Connection** Drama. (2017, U, 90min) ★★
1.30 AM FILM **Be My Valentine** Comedy. (2013, PG, 90min) ★★
3.10 **to 5.00** AM FILM **Pearl in Paradise** As 10.05am.

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **The Wild Gardener** Documentary.
12.45 PM **Love Your Garden**
5.45 FILM **Vendetta for the Saint** Crime mystery starring Roger Moore and Ian Hendry. (1968, PG, 94min) ★★★
7.45 FILM **Heartbreakers** Comedy starring Sigourney Weaver and Jennifer Love Hewitt. (2001, 15, 123min) ★★
10.15 FILM **Got It Made** Drama starring Lalla Ward. An aristocratic girl discovers some truths about the people closest to her. (1974, 18, 86min) ★★
12.00 M'T FILM **School for Sex** Adult comedy starring Derek Aylward. (1969, 18, 80min) ★★
1.45 AM FILM **Vendetta for the Saint** As 5.45pm.
3.45 **Beyoncé Experience**
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.30 **The Gaffer**
9.00 **The Fenn Street Gang**
10.30 **Press Gang**
12.00 NOON **The Champions**
1.00 PM **Boon** 9/13. (S3)
2.05 **Wish Me Luck** (S2)
5.15 **The Gaffer** 1-3/6. (S1)
6.45 **Agony** 1/6. Sitcom. **7.15** 2/6. Laurence's psychiatrist becomes infuriated with him. **7.45** 3/6. Jane and Laurence try to spice up their marriage. (S1)
8.15 **Boon** 9/13. (S3)
9.20 **Rik Mayall Presents**
10.25 FILM **Blood for Dracula** Horror comedy. (1974, 18, 103min) ★★
12.30 AM FILM **Bloodbath at the House of Death** Horror comedy. (1983, 18, 91min) ★
2.15 **Stereo Underground**
3.15 **Rik Mayall Presents**
4.20 **Bubblegum & Cheese**
5.10 **to 6.00** AM **Stereo Underground**

DMAX

158 151 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Outback Crystal Hunters** Triple bill.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** A woman worries that her neighbours will have her house condemned. **8.00** The story of a woman whose hoarding became obsessive after her mother's death.
9.00 **Paranormal: Caught on Camera** Shadowy figures.
10.00 **Ghost Adventures** The crew investigate an abandoned sanatorium. **11.00** The crew rush to help a Nevada family enduring sinister activity.
12.00 M'T **Unexplained: Caught on Camera**
1.00 AM **Paranormal: Caught on Camera**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa: Back to Basics**
11.00 **Nadiya Bakes**
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers' Comfort Food**
7.00 **Secret Eats with Adam Richman** Double bill.
8.00 **Adam Richman Eats Italy** Adam's in Bologna tasting the iconic foods named after the city. **8.30** Adam heads to Naples sample more iconic foods.
9.00 **Diners, Drive-Ins and Dives** New editions Guy Fieri samples flavour combinations that pack a punch. **9.30** Guy dives into Kenyan curried goat in Tallahassee.
10.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM FILM **Sherlock Holmes** Murder mystery. (2010, 12, 89min) ★★
9.00 **The Invaders** (S2)
2.00 PM FILM **First Men in the Moon** Adventure. (1964, U, 99min) ★★★
4.15 **Poseidon Adventure**
8.00 **The Twilight Zone** (S5)
9.00 FILM **Assault on Precinct 13** Action thriller starring Ethan Hawke. A handful of cops join forces with four prisoners when a Detroit police station comes under siege by masked gunman. (2004, 15, 109min) ★★
11.15 FILM **Man on a Ledge** Suspense thriller. (2011, 12, 98min) ★★★
1.20 AM FILM **Interview with a Hitman** Thriller. (2012, 18, 95min) ★★
3.10 **to 5.00** AM FILM **Beyond Suspicion** Thriller with Karl Urban. (2018, 15, 96min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **MacShayne: Winner Takes All** Crime drama.
12.00 NOON **MacShayne: Final Roll of the Dice** Drama starring Kenny Rogers.
2.00 PM FILM **Arctic Apocalypse** Thriller. (2019, PG, 90min) ★
4.00 **The Lost World** (S2)
9.00 FILM **Rules of Engagement** Military courtroom thriller with Tommy Lee Jones. (2000, 15, 128min) ★★
11.30 FILM **The Replacement Killers** Action thriller starring Mira Sorvino. (1998, 18, 86min) ★★
1.20 AM FILM **Mercy Black** Horror with Austin Amelio and Daniella Pineda. (2019, 15, 88min) ★★
3.10 FILM **2021: War of the Worlds** Sci-fi thriller. (2021, 12, 78min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Hardcore Pawn**
8.20 **Pawn Stars** Double bill.
10.10 **Alien Disclosure Files**
11.10 **UFO POV**
12.05 PM **Encounter: UFO**
1.05 **The Proof Is Out There**
3.05 **What on Earth?**
6.00 **History's Greatest Mysteries** A series of widely sighted UFOs in Phoenix and Arizona. **7.00** The possible location of the Ark of the Covenant. **8.00** The disappearance of a former New York Supreme Court judge.
9.00 **Holy Marvels with Dennis Quaid** The beasts believed to roam the earth and the seas.
10.00 **Clash of Ancient Warriors** A look at the Battle of Sekigahara.
11.00 **The UnXplained with William Shatner**
1.00 AM **Strangest Things**
2.00 **to 6.00** AM **Alien Files: Unsealed**

5SELECT

153 166 138 46 133 30

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Six episodes, including at: **6.00** *Home Care:* Two elderly people under the care of a visiting nurse die almost simultaneously.
7.00 **Abandoned Engineering** An eerie country village that hides a sad secret.
8.00 **Battle Front: WWII Road to Victory** General Montgomery's offensive in North Africa. **8.30** US forces' first encounter with the Rommel in 1942.
9.00 **The Blitz: Britain on Fire** A look at Churchill's morale-boosting tour of bombed Britain. **10.00** Tales of mothers searching for their babies in a maternity ward. **11.00** The importance of morale during and after the Blitz.
12.05 **to 4.00** AM **Wentworth Prison**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Dickinson's Real Deal**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable**
2.00 **Lily Savage's Blankety Blank** Triple bill.
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** With Colin Baker, David Weir, Chelsee Healey and Alex Horne. **6.00** Toyah Willcox, John Barnes, Germaine Greer and Audley Harrison compete.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** With Jimmy Carr, Jack P Shepherd, Sally Bercow and Matt Dawson.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions of the darts-based quiz.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **Georgie and Mandy's First Marriage**
11.00 **The Big Bang Theory**
1.00 PM **The Big Bang Theory** Sixteen episodes, including at: **8.00** 7/23. Sheldon decides to ban Penny from the apartment. **8.30** 8/23. Howard becomes attracted to a woman who falls for Leonard. (S2)
9.00 **Mock the Week** With Rhys James, Ed Byrne, Glenn Moore, Emmanuel Sonubi and Sara Pascoe.
10.00 FILM **I Love You, Man** Comedy starring Paul Rudd, Jason Segel and Rashida Jones. (2009, 15, 100min) ★★★★
12.00 M'T **Young Sheldon**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Impractical Jokers**
10.00 **Friends** (S3)
8.00 PM **Friends** 21/25. Heartbroken Ross makes a sacrifice for Rachel. **8.30** 22/25. Joey's play gets poor reviews. (S3)
9.00 FILM **The Rock** Action thriller starring Sean Connery and Nicolas Cage. (1996, 15, 136min) ★★★★
11.40 **Lee Evans: Big – Live at The O2** The comedian performs in London.
12.40 AM **8 Out of 10 Cats Uncut** With Joe Wilkinson.
2.20 **Whose Line Is It Anyway? USA**
2.50 **MTV Cribs: Comedians Specials** With Tom Allen.
3.05 **Jimmy Carr's Am I the A**hole?**
3.50 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S3)
7.00 **Teleshopping**
9.00 **Michael McIntyre's Big Show** As 8.00pm.
10.00 **Everybody Loves Raymond** (S3)
12.00 NOON **Friends**
2.00 PM **Everybody Loves Raymond** (S4)
8.00 **Michael McIntyre's Big Show** Lewis Capaldi bravely hands over his phone in Send to All.
9.00 **Friends** 19/25. Monica dates a millionaire. **9.30** 20/25. Chandler dates Rachel's boss. **10.00** 21/25. Ross makes a sacrifice for Rachel. **10.30** 22/25. Joey's play gets poor reviews. (S3)
11.00 **Friends** (S3&4)
2.00 AM **New Girl** (S3)
3.00 **South Park** (S12&13)
4.30 **Iain Stirling's Roast the Internet**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s: Best Music Live!**
8.20 **On the Buses** (S1)
9.20 **Rising Damp** (S3&4)
2.55 PM **Man About the House** (S2&3)
6.55 **Benidorm: Ten Years on Holiday** Documentary.
7.55 **Minder** 4/6. (S7)
9.00 **Benidorm** 2/7. A cocktail waiter steals Mateo's limelight. (S6)
9.55 **Shameless** 7/16. Ian and Mandy try to seduce the same man. (S5)
10.55 **Man About the House**
11.25 **Rising Damp** 7/7. (S1)
11.55 **Benidorm** 2/7. (S6)
12.55 AM **Minder** 6/11. (S1)
2.00 **Till Death Us Do Part**
2.35 **Man About the House**
3.00 **Duty Free** 2/7. (S2)
3.25 **The Osbournes**
3.45 **That's 60s: Best Music Live!**
4.00 **Nearest and Dearest**
4.45 **to 6.00** AM **The Yorkshire Steam Railway: All Aboard**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **16 and Pregnant**
1.00 PM **Catfish: The Dramatic** Reality series.
2.00 **Catfish: The TV Show**
5.00 **Catfish: Scammed**
6.00 **Catfish: The TV Show** Moses asks Nev and Kamie to figure out why Krystal won't meet him. **7.00** Joey thought he had found the perfect woman, but now his bank account is almost empty. **8.00** Zach needs help to find the truth about Lexi.
9.00 **True Life Crime UK** Linda Adey investigates the murder of teenager Tavis Spencer Aitkens on a quiet street in Ipswich.
10.00 **Ink Master: Angels**
1.00 AM **Caught in the Act: Unfaithful** Double bill.
2.45 **Teen Mom: The Next Chapter** Reality series.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Expedition X**
12.00 NOON **Gold Rush** Fires threaten to shut down one of Parker's claims. **1.00** PM Parker unleashes chaos to get four plants running for the first time. **3.00** Rick makes a big score.
4.00 **The Last Woodsmen** Jared Douglas tries to harvest the planet's most valuable trees. **5.00** Jared takes a gamble on two pieces of machinery.
6.00 **Gold Rush** Tony blows up at Mike, while Kevin leans on Buzz to get more gold.

4.00 The Last Woodsmen

7.00 **Scrapyard Dynasty** Terry challenges his staff, while Lyndsay and Jemma use unorthodox interviewing techniques.
8.00 **Maine Cabin Masters** A family from Maine work together to revamp a historic cabin from the 1930s in just six weeks.
9.00 **Ed Stafford's Rite of Passage** Ed meets the Hadzabe of Tanzania, who live in balance with their environment.
10.00 **Expedition Unknown** For the 40th anniversary of *The Goonies*, Josh Gates searches for the real-life pirate treasure.
11.00 **Expedition Files** Investigating the story of the child who inspired *The Exorcist*.
12.00 M'T **Moonshiners** Mark and Digger enlist a new team member who can't testify.
1.00 AM **Moonshiners**
3.00 **to 5.00** AM **Street Outlaws: Memphis**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** An owner who puts his cat in 'kitty jail'. **4.00** A cat that has undergone a transplant operation becomes aggressive.
5.00 **Treehouse Masters**
6.00 **The Gamechangers: Inventing the World** The work of scientists conducting ambitious research projects.

8.00 Extinct or Alive

7.00 **How Do Animals Do That?** How an incredible snake has learnt to fly. **7.30** The story behind a flamingo's colouring.
8.00 **Extinct or Alive** Forrest Galante returns to his childhood home in Zimbabwe in search of the extinct Cape lion.
9.00 **Alaskan Bush People** The Browns protect their newest family member from bears, which are now seeking food.
10.00 **Tanked** American football star Clay Matthews wants the team to build him a dream aquarium.
11.00 **Alaska: The Last Frontier** Eivin takes novice hunter Levi on a hunt, while Otto and the crew repair the *Constructor*.
12.00 M'T **Edge of Alaska**
2.00 AM **The Haunted**
3.00 **Million Dollar Duck**
4.30 **to 5.00** AM **How Do Animals Do That?**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Construction Fails**
9.00 **Car S.O.S** Triple bill.
12.00 NOON **Europe from Above**
1.00 PM **Gladiators: Warriors of the Ancient World**
2.00 **Rise and Fall of the Mayas**
4.00 **Elizabeth I: The Secret Life** A look at the monarch's life, examining claims of illegitimacy and adultery.
5.00 **Air Crash Investigation** The cause of a deadly rollercoaster ride in the sky. **6.00** An out-of-control turboprop breaks apart.

12.00 Europe from Above

7.00 **World War II: Secrets from Above** Hitler gathers 800,000 Nazi soldiers to launch a major attack against Stalin.
8.00 **World War II: The Apocalypse** The story of World War Two, featuring haunting images of Jewish persecution.
9.00 **World War II: The Apocalypse** Footage of German soldiers celebrating on the beaches of Dunkirk.
10.00 **Nazi Megastructures** Hitler forms a strategy to destroy Britain's air power and land troops in southern England.
11.00 **Area 51: The CIA's Secret Files** Experts cast new light on the secretive and ground-breaking research conducted at the Groom Lake Testing Facility in Nevada.
12.00 M'T **Air Crash Investigation**
3.00 **to 5.00** AM **Inside Airport Lost & Found**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Forged with Steele**
6.30 **Ancient Aliens: Origins**
8.30 **Mountain Men** Marty flies to a remote lake to hunt moose.
9.30 **The Curse of Oak Island**
10.30 **U-Boat Wargamers** Six editions, including at: **3.55** PM How the Battle of the Atlantic hit a turning point.
5.00 **Britain's X Files** Investigating spectral bowmen and an angel from World War One.
6.00 **Gold Wars Downunder** Donnie and Leigh come face to face in an explosive showdown.

9.00 Nazi Murder Mysteries

7.00 **Gold Wars Downunder** The teams race to hit their $500,000 gold targets, with Damo and Matt the goldfield's front-runners.
8.00 **Hannibal: A March on Rome** A team of researchers investigate the Carthaginian's route across the Alps.
9.00 **Nazi Murder Mysteries** The theories surrounding the death of Hermann Goering, who managed to cheat the hangman.
10.00 **Nazi Murder Mysteries** The theories, conspiracies and facts relating to Rudolf Hess's dramatic flight to Scotland in 1941.
11.00 **Evidence of the Unexplained** Sightings of unexplained 'aerial phenomena' and reports of so-called 'first contact' moments.
12.00 M'T **Evidence of the Unexplained** Triple bill.
3.00 AM **Hannibal: A March on Rome** As shown at 8.00pm.
4.00 **to 6.00** AM **Gold Wars Downunder**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Tim Robbins**
7.00 **Discovering: Michael Keaton**
8.00 **The Directors**
9.00 **The Man Who Stole The Scream** Documentary.
11.00 **Villeneuve Pironi: Racing's Untold Tragedy**
1.00 PM **Costa Concordia: Chronicle of a Disaster**
3.00 **Yacht Rock: A Dockumentary**
5.00 **Bowie: The Man Who Changed the World** Documentary celebrating the life and career of the musician.

7.00 I Am Burt Reynolds

7 PM
7.00 **I Am Burt Reynolds** Family and friends of the iconic Hollywood actor come together to share memories of his life and illustrious career.
8 PM
8.50 **My Icon: Linford Christie** The former sprint star discusses the individuals that have inspired him.
9 PM
9.00 **Hill** A profile of ex-Formula One driver Damon Hill, revealing how he overcame the adversity of losing his father Graham to follow in his footsteps and become world champion himself.
10 PM
10.50 **Schmeichel** A profile of Peter Schmeichel, the goalkeeper who won the Euros with Denmark in 1992 and was part of Manchester United's 1999 treble-winning squad.
12.50 AM **FILM When We Were Kings** Boxing documentary. (1996, PG, 87min) ★★★★★
2.30 **The Last Rider** Documentary.
4.30 **Chernobyl: My Promised Land**
5.00 **to 6.00** AM **The Directors**

Quest

140/141 149 128/137 17 145 18

6.00 AM **Chasing Classic Cars**
8.00 **Wheeler Dealers**
3.00 PM **Shed and Buried**
7.00 **Richard Hammond's Workshop** With the workshop losing money, Richard brings in help.
8.00 **The Repair Shop** Wood restorer Will attempts to bring an old fishing box back to its former glory. **9.00** The team work on a broken porcelain bowl, a miniature silver train spice box and a 1940s leather football.
10.00 **The Yorkshire Auction House** Angus Ashworth uncovers expensive oak and a Fabergé egg in Herefordshire.
11.00 **Outback Opal Hunters**
12.00 M'T **Treasure Hunters Down Under**
1.00 AM **Curse of the Bermuda Triangle**
3.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Faking It: Tears of a Crime** Tracie Andrews.
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Disappeared**
7.00 **Disappeared** The search for a missing bus driver reveals a complex love triangle. **8.00** Sydney West mysteriously vanishes following a visit to the Golden Gate Bridge.
9.00 **The Friday the 13th Murders** New edition A survivor links two cases as police race to stop a hidden predator.
10.00 NEW SERIES **Killer Confessions: Case Files of a Texas Ranger** Four women vanish and their cases go cold for years.
12.00 M'T **American Monster**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Forensic Factor** The bodies of four men are found in a wooded area known as The Hog Trails. **7.00** A woman, her daughter and her friend go missing on holiday. **8.00** For 23 days in 2002, a sniper terrorises Washington, DC.
9.00 **Murder UK** The story of how a horrific ambush shattered Shane Gilmer and Laura Sugden's lives. **10.00** The case of Derrick Bird, who went on one of the worst killing sprees in British history.
11.00 **Murder in Mind** The death of YouTuber Marc Williams in 2021. **12.00** M'T The story of how Lori Isenberg poisoned her husband.
1.00 AM **Forensic Factor**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
10.45 **Teleshopping**
11.00 **Medical Detectives**
12.00 NOON **48 Hours**
3.00 PM **Murder by the Sea** When Linda Anders is found dead at home, her wheelchair-bound husband Malcolm claims an intruder broke in. Police findings quickly change the course of the investigation.
4.00 **Murder: Point of Contact** How Cody Fisher was attacked and stabbed in the chest. **5.00** How 16-year-old Hani Hicham Abou El Kheir was fatally stabbed over 20 times.
6.00 **Judge Judy** Back-to-back real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Murder: Point of Contact** Double bill.
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Stop, Search, Seize**
7.00 **A1: Britain's Longest Road** Double bill.
9.00 **Caught on Dashcam**
10.00 **Police 24/7**
1.00 PM **World's Most Evil Killers** Double bill.
3.00 **Killer in My Village**
5.00 **Britain's Most Evil Killers** Dale Cregan. **6.00** Triple-killer Arthur Hutchinson. **7.00** A profile of Andrew Dawson.
8.00 **Forensics: Catching the Killer** Documentary.
9.00 **Beware the Slenderman**
11.10 **The Real CSI: Miami**
12.05 AM **How I Caught the Killer** True-crime.
1.00 **Britain's Most Evil Killers** Philip Austin.
2.00 **World's Most Notorious Killers**
3.30 **Highway Cops**
4.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **WW2: Battle of Crete** Triple bill.
11.25 **Underfire: The Untold Story of Tony Vaccaro**
1.00 PM **WWII in Colour: Road to Victory**
6.30 **WW2: Battle of Crete** The story of the World War Two battle in 1941. **7.40** An evacuation mission costs the lives of almost 1,000 soldiers. **8.50** Massacres that occurred from both sides after the German and Italian occupation.
10.00 **Underfire: The Untold Story of Tony Vaccaro** A World War Two US infantryman who created a comprehensive and intimate photographic record of the conflict.
11.30 **Weathered: Earth's Extremes** Tipping points.
12.00 M'T **Agatha Christie's England** Documentary.
1.05 **to 2.00** AM **Weathered: Earth's Extremes**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Dogs with Extraordinary Jobs** Double bill of editions.
8.00 **Secret Life of the Koala**
10.00 **Wild Family Ties**
12.00 NOON **Extraordinary Animals**
1.00 PM **My Best Friend's an Animal**
2.00 **Shark: British Isles Special with Steve Backshall**
3.00 **Deep in the Heart**
4.00 **Ireland's Wild Islands with Eoin Warner** Double bill.
6.00 **David Attenborough's Rise of Animals: Triumph of the Vertebrates** 1/2. Exploring the evolution of vertebrates. **7.00** 2/2. How mammals came to dominate the natural world.
8.00 **Pride Rules** A look at lion prides.
9.00 **Super Shark Highway** The team test new migration tech.
10.00 **Carpathian Predators** 1/2. A look at the creatures of the Carpathian Mountains. **11.00** 2/2. Examining the role played by the Eurasian wolf.
12.00 M'T **Pride Rules** As 8.00pm.
1.00 AM **Super Shark Highway**
2.00 **Wild Fighters** Double bill.
4.00 **to 6.00** AM **Waterworld Africa**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Combat Ships** Triple bill.
11.00 **Britain's Lost Battlefields with Rob Bell** A peasant rebellion.
12.00 NOON **Instruments of Death**
1.00 PM **Al Murray: Why Do the Brits Win Every War?**
2.00 **Ancient Aliens** Double bill.
4.00 **Egypt's Unexplained Files**
5.00 **World's Most Unexplained**
7.00 **Clash of the Gods** Experts examine the story of Greek hero Hercules. **8.00** Investigating the story of Medusa and her connection to human corpses.
9.00 **The Sound and the Fury** Key events of World War Two.
10.00 **WWII Battles in Colour** Germany's all-out assault on the Soviet Union.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Nostradamus: 21st Century Prophecies Revealed**
3.00 **The Abyss: Rise & Fall of the Nazis** Events of 1933 and 1934.
4.00 **Strangest Things**
5.00 **to 6.00** AM **The Secret Nazi Expeditions**

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How Do They Do It?**
2.00 PM **How the Universe Works**
4.00 **NASA's Unexplained Files**
6.00 **How It's Made** The making of ochre and hurdy gurdies. **6.30** Exhaust headers and moulded limestone artwork. **7.00** Making guitars out of recycled skateboards. **7.30** Racing pulley systems.
8.00 **Alien Highway** Chuck Zukowski searches for definitive proof of extraterrestrial life. **9.00** A man from Missouri who claims UFOs are stalking him contacts the team for help.
10.00 **The Alaska Triangle** An area known for unusual activity. **11.00** A cryptozoologist hunts for scientific proof of Bigfoot in the remote Alaskan wilderness.
12.00 M'T **In Search of Monsters**
2.00 AM **Expedition X** Double bill.
4.00 **to 6.00** AM **How Do They Do It?**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill.
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Buried in the Backyard**
6.00 **Accident, Suicide or Murder?** A 71-year-old man is found shot dead in a field. **7.00** A death in a hotel uncovers a dark web of secrets.
8.00 **Killer Grannies** A beloved grandma is suspected of poisoning a veteran cop.
9.00 **Murder on Trial** Juries wrestle with life-or-death decisions.
10.00 **Ross Kemp: Lost Boys, Deadly Men** The actor examines the factors that have driven young men to kill.
11.00 **Laura Whitmore on Britain's Killer Teens** A case involving a history of abuse.
12.00 M'T **I Am a Stalker**
1.00 AM **Ozark Law** Documentary.
2.00 **Hometown Tragedy**
3.00 **to 6.00** AM **On the Case with Paula Zahn**

+1hour 256 333

WILD

165 145 182

8.00 AM **Animal Fight Club**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **In the Womb: Animal Babies** Documentary.
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Heartland Docs** Ben and Erin assist a kitten with a dangly leg.
8.00 **Europe from Above** An aerial journey across France reveals a cultural powerhouse set in a vast landscape of contrasts. **9.00** An aerial journey across Turkey reveals hot air balloons over Cappadocia and a record-breaking bridge.
10.00 **Cheetahs Up Close with Bertie Gregory** The wildlife photographer films the big cats in the Serengeti.
11.00 **Snakes in the City**
12.00 M'T **Life Below Zero: First Alaskans** Double bill.
2.00 AM **Last of the Giants: Wild Fish** Double bill.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** The formation of a black hole. **7.00** The theory of how the universe came into existence, from a minuscule point, smaller than an atomic particle, to the limitless cosmos of today. **8.00** The evolution of galaxies, from clouds of cold gas floating in space 13 billion years ago, to the vast gravitationally bound systems of today.
9.00 **HMS Ark Royal** The aircraft carrier takes part in a large-scale military exercise. **10.00** The ship is welcomed back into Portsmouth nearly five months after departing.
11.00 **Bullet Points** Documentary.
12.00 M'T **Maritime Masters: Expedition Antarctica**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Doctor Who**
1.20 PM **Doctor Who** Eight episodes of the sci-fi drama, including at: **4.00** *Carnival of Monsters – Part Three:* 7/26. The Time Lord is pursued by the Drashigs. **4.35** *Carnival of Monsters – Part Four:* 8/26. The Time Lord joins forces with Vorg. **5.05** *Frontier in Space – Part One:* 9/26. The Doctor and Jo are captured after the Tardis materialises aboard a ship under attack. (S10)
5.35 **The Two Ronnies** Featuring classic sketches Ham It Up and Last Mango in Paris. **6.30** Vintage comedy, with music by Manhattan Transfer. **7.30** With music by Elkie Brooks, and the first instalment of the Worm That Turned. **8.30** Comedy sketches, plus music by Barbara Dickson. **9.30** Guests include John Harvey and Julia McKenzie.
10.25 **The Two Ronnies**
5.50 **to 6.00** AM **Doctor Who**

+1hour 266 376

ID

154 140 166

8.00 AM **Betrayed** Double bill.
10.00 **Breaking Homicide**
12.00 NOON **Broken Trust**
2.00 PM **Disappeared**
4.00 **Evil Lives Here** Double bill.
6.00 **American Monster** The story of a couple in the throes of divorce and a brutal murder. **7.00** A couple living with dark secrets in a wealthy suburb.
8.00 **Obsession: Dark Desires** The case of Christine Oliveaux, who along with her mother and children, was tortured by abusive and murderous husband, Shane Langley.
9.00 **Married to Evil** A figure dressed as a clown shoots a mother on her doorstep.
10.00 **Who the (Bleep) Did I Marry?** Single mother Brooklin meets a guy online and is soon alienated from her family.
11.00 **Love, Honor, Betray**
12.00 M'T **Seduced to Slay**
2.00 AM **Where Murder Lies**
4.00 **to 6.00** AM **Til Death Do Us Part**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Kindig Customs**
10.00 **FourWheeler**
11.00 **Bad Chad Customs**
12.00 NOON **Outback Truckers**
5.00 PM **Texas Metal** Triple bill of the series, including at: **7.00** A customer challenges Bill with his 1937 Ford Coupe.
8.00 **Garage Squad** A 16-year-old gearhead has big plans for his 1987 Land Cruiser. **9.00** When tragedy hit a family, their 1972 Oldsmobile Cutlass was left to fade away. **10.00** An old camper in need of a little more horsepower.
11.00 **Shed and Buried** Henry and Sam go to a large old house in the depths of the countryside. **11.30** Henry and Sam are in East Anglia with Nick, who is mad about Morris Minors. **12.00** M'T Henry and Sam unearth containers full of bikes, tractors and other trinkets. **12.30** AM Henry and Sam go in search of bargains in Devon.
1.00 **to 4.00** AM **Kindig Customs**

+1hour 261/272

Sky Cinema Premiere

301 301 401 501 515

6.50 AM **Pets on a Train** (2025)
8.20 PREMIERE **Adulthood** (2025)
10.05 **King Ivory** Thriller with James Badge Dale. (2024, 15, 130min)
12.15 PM **Icefall** As 8.00pm.
2.00 **Jurassic World: Rebirth**
4.20 **Pets on a Train** Animation with the voice of Wyatt Bowen. (2025, PG, 87min) ★★★
5.50 **How to Train Your Dragon** Fantasy adventure with Mason Thames and Nico Parker. (2025, PG, 125min) ★★★★

12.05 Adulthood

8.00 **Icefall** Action thriller starring Joel Kinnaman. A game warden captures a notorious poacher, only to discover he's aware of the location of a plane carrying millions of dollars frozen in a lake. (2025, 15, 95min)

9.45 **Jurassic World: Rebirth** Fantasy adventure with Scarlett Johansson. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM PREMIERE **Adulthood** Dark comedy drama starring Josh Gadd and Kaya Scodelario. (2025, 15, 97min) ★★★ *See review, page 23.*
1.55 **Bring Her Back** Thriller. (2025, 18, 104min) ★★★★
3.45 **Bone Lake** Comedy thriller. (2024, 18, 94min) ★★★
5.30 **to 7.15** AM **Plainclothes** Thriller. (2025, 15, 95min)

Sky Cinema Women in Film

303 303 403 503 517

6.00 AM **Widow Clicquot** Drama. (2023, 15, 90min) ★★★★
7.40 **Little Women** As 1.55pm.
9.40 **The United States vs. Billie Holiday** As 12.25am.
11.55 **Miss Congeniality** (2000)
1.55 PM **Little Women** Drama. (1994, U, 114min) ★★★
3.55 **Lee** Biopic with Kate Winslet. (2023, 15, 117min) ★★★
6.00 **Ocean's Eight** Crime caper starring Sandra Bullock. (2018, 12, 110min) ★★★★

8.00 Wonder Woman

8.00 **Wonder Woman** Fantasy adventure starring Gal Gadot and Chris Pine. An Amazon princess leaves her isolated island during World War One, aiming to bring the conflict to an end. With David Thewlis and Connie Nielsen. (2017, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Miss Congeniality** Comedy starring Sandra Bullock as a tomboyish FBI agent who receives a radical make-over in order to go undercover at a beauty contest. (2000, 12, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **The United States vs. Billie Holiday** Biopic. (2021, 15, 126min) ★★★
2.40 **Promising Young Woman** Thriller with Carey Mulligan. (2020, 15, 113min) ★★★★
4.40 **to 6.25** AM **Thelma** Comedy. (2024, 12, 98min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.30 AM **Turtles All the Way Down** Drama with Isabela Merced. (2024, 12, 111min) ★★★★
9.30 **Peggy Sue Got Married** Romantic fantasy comedy. (1986, 15, 104min) ★★★★
11.30 **The King's Speech** Royal drama. (2010, 12, 118min) ★★★★★
1.35 PM **Escape to Victory** World War Two drama with Sylvester Stallone. (1981, PG, 111min) ★★
3.40 **Cool Hand Luke** Prison drama. (1967, 15, 126min) ★★★★★
5.50 **About Time** Romantic comedy fantasy with Domhnall Gleeson. (2013, 12, 120min) ★★★
8.00 **The Blind Side** Fact-based drama starring Sandra Bullock. (2009, 12, 129min) ★★★
10.10 **No Escape** Thriller with Owen Wilson. An American family relocate to an Asian nation, but face a battle for survival when a revolution sweeps the country. (2014, 15, 101min) ★★★
11.55 **Darkest Hour** Period drama starring Gary Oldman, Kristin Scott Thomas and Lily James. (2017, PG, 122min) ★★★
2.05 AM **American Sniper** Biopic. (2014, 15, 127min) ★★★★
4.20 **Sky Cinema Preview**
5.20 **to 7.30** AM **The Blind Side**

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.00 AM **The Cinema List: Men in Black Films**
7.15 **Gator Creek** Horror thriller. (2025, 15, 87min) ★
8.50 **A Quiet Place** Horror with Emily Blunt. (2018, 15, 90min) ★★★★
10.30 **The Nun** Horror with Demián Bichir. (2018, 15, 96min) ★★★
12.10 PM **Blade: Trinity** Adventure sequel starring Wesley Snipes. (2004, 15, 113min) ★★★
2.10 **Blade Runner** Futuristic thriller. (1982, 15, 130min) ★★★★★
4.20 **Annabelle** Horror with Annabelle Wallis. (2014, 15, 97min) ★★
6.05 **Annabelle: Creation** Horror starring Anthony LaPaglia. (2017, 15, 109min) ★★★
8.00 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
10.00 **Blade** Action adventure chiller starring Wesley Snipes as the half-human, half-vampire warrior. (1998, 18, 121min) ★★★
12.10 AM **Blade 2** Horror sequel. (2002, 18, 117min) ★★★★
2.15 **Mars Attacks!** Tim Burton's sci-fi spoof with Jack Nicholson. (1996, 12, 106min) ★★★★
4.05 **Sky Cinema Preview**
4.55 **to 6.35** AM **The Damned** Horror. (2024, 15, 89min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.00 AM **Spy Kids 3: Game Over** Sci-fi action comedy sequel. (2003, U, 84min) ★★★
8.40 **Monster Trucks** As 1.45am.
10.35 **Stardust** Fantasy comedy. (2007, PG, 127min) ★★★★
12.50 PM **Paul Blart: Mall Cop** Comedy. (2009, PG, 91min) ★
2.30 **The Cat in the Hat** (2003)
4.05 **Grow** Family comedy. (2025, PG, 107min) ★★★★
6.00 **Free Willy** Family adventure. (1993, U, 112min) ★★★★

4.05 Grow

7.55 **The Hobbit: The Desolation of Smaug** Epic fantasy adventure starring Martin Freeman, Ian McKellen and Richard Armitage. Hobbit Bilbo Baggins and the company of dwarves continue their quest to reclaim the dwarves' lost kingdom. (2013, 12, 161min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **The Cat in the Hat** Fantasy with Mike Myers. Two children are visited by a tall and mischievous cat who encourages them to be destructive. (2003, PG, 82min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Paul Blart: Mall Cop 2** Comedy sequel starring Kevin James. (2015, PG, 92min) ★★
1.45 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
3.35 **Friend or Foe** Family drama. (1981, U, 70min) ★★★
4.55 **to 6.50** AM **Blueback** Drama. (2022, PG, 102min) ★★★

Sky Cinema Action

307 307 407 507 521

6.10 AM **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12) ★★★
8.15 **A Fistful of Dollars** Western. (1964, 15, 96min) ★★★★★
10.00 **Hero** (2002, 12) ★★★★
11.45 **Twister** (1996, PG) ★★★
1.40 PM **Spider-Man 2** Fantasy sequel. (2004, PG) ★★★★
3.50 **Demolition Man** Sci-fi thriller. (1993, 15, 114min) ★★★
5.50 **Uncharted** Action adventure. (2022, 12, 116min) ★★★

5.50 Uncharted

8.00 **Spider-Man 3** Fantasy adventure sequel starring Tobey Maguire, Kirsten Dunst and James Franco. A mysterious substance turns Spider-Man's suit jet-black and brings out a dark side to his personality. With Topher Grace. (2007, 12, 139min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

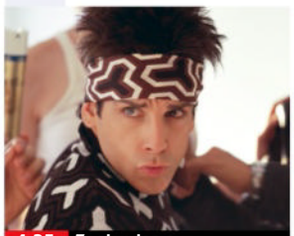
10.30 **I Am Legend** Sci-fi horror thriller starring Will Smith and Alice Braga. A military scientist fears he is the last man on Earth after a deadly virus kills most of humanity. (2007, 15, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Demolition Man** (1993)
2.15 **High Plains Drifter** Western. (1972, 18, 105min) ★★★★
4.05 **Safe House** Crime thriller. (2025, 15, 90min) ★★★
5.40 **to 7.25** AM **Long Gone Heroes** Action thriller. (2024, 15, 101min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.35 AM **Jackass Presents: Bad Grandpa** (2013, 15) ★★★
9.25 **Jackass Presents: Bad Grandpa .5** (2014, 15) ★★
11.00 **White Chicks** (2004, 15) ★
1.05 PM **Beverly Hills Cop II** Comedy. (1987, 15) ★★★
2.55 **Sex Tape** Comedy. (2014, 15, 94min) ★★
4.35 **Zoolander** Comedy. (2001, 12, 89min) ★★★★
6.10 **Zoolander 2** Comedy sequel. (2016, 12, 102min) ★★★


4.35 Zoolander

8.00 **The 40-Year-Old Virgin** Comedy starring Steve Carell and Catherine Keener. The workers in an electrical shop set out to coach their inexperienced 40-year-old colleague in the art of seduction. With Paul Rudd. (2005, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock, Enrique Murciano and Regina King. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Naked Gun** Comedy reboot starring Liam Neeson. (2025, 15, 85min) ★★★★
1.30 AM **Jackass: The Movie** Slapstick comedy with Johnny Knoxville. (2002, 18, 87min) ★
3.00 **Jackass 3** Slapstick comedy sequel. (2010, 15, 93min) ★★
4.40 **to 6.25** AM **Role Models** Comedy starring Paul Rudd. (2008, 15, 99min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **Force of Nature: The Dry 2** Thriller with Eric Bana. (2024, 15, 120min) ★★★
9.00 **Barber** Mystery drama. (2023, 15, 90min) ★★★
10.35 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
1.00 PM **Vanilla Sky** As 12.00m't.
3.20 **The Firm** Legal thriller. (1993, 15, 155min) ★★★
6.00 **The Bourne Identity** Spy thriller starring Matt Damon. (2002, 12, 119min) ★★★★★

6.00 The Bourne Identity

8.00 **The Bourne Supremacy** Spy thriller sequel starring Matt Damon. A former CIA assassin tries to discover why his enemies want to kill him. With Franka Potente, Brian Cox, Julia Stiles and Joan Allen. (2004, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

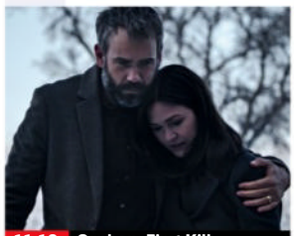
10.00 **The Bourne Ultimatum** Spy thriller sequel starring Matt Damon. An ex-CIA assassin strives to outsmart cops, killers and his former bosses in his quest to discover his true identity. With Julia Stiles. (2007, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Vanilla Sky** Romantic fantasy starring Tom Cruise. (2001, 15, 136min) ★★★
2.30 AM **Scarface** Crime thriller. (1983, 18, 163min) ★★★★★
5.25 **to 7.25** AM **The Bikeriders** Crime drama with Tom Hardy. (2023, 15, 116min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Admirable Crichton** Satire. (1957, U, 93min) ★★★
12.50 PM **The Lavender Hill Mob** Classic Ealing comedy. (1951, b/w, U, 81min) ★★★★★
2.30 **Annie** Musical remake. (2014, PG, 115min) ★★★
4.50 **The Day the Earth Stood Still** Thriller remake. (2008, 12) ★★
6.55 **Central Intelligence** Action comedy with Dwayne Johnson. (2016, 12, 107min) ★★★


11.10 Orphan: First Kill

Central Intelligence (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Menu** Comedy thriller, starring Ralph Fiennes, Anya Taylor-Joy and Nicholas Hoult. A couple attend a dinner party overseen by a celebrity chef who has sinister plans for the guests. With Hong Chau. (2022, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.10 **Orphan: First Kill** Horror prequel starring Isabelle Fuhrman and Julia Stiles. Diminutive psychopath Esther cons her way into a family to wreak murderous mayhem. (2022, 15, 98min) ★★
1.05 **to 3.45** AM **Miss Peregrine's Home for Peculiar Children** Fantasy starring Eva Green. (2016, 12, 127min) ★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Award Season

302 302 402 502 516

6.25 AM **Love Story** Romantic drama. (1970, PG, 100min) ★★★★
8.10 **Singin' in the Rain** As 4.15am.
10.10 **The Blues Brothers** Comedy. (1980, 15, 135min) ★★★★★
12.30 PM **May December** Drama. (2023, 15, 117min) ★★★★
2.30 **Beverly Hills Cop** Comedy thriller. (1984, 15) ★★★★
4.20 **The Wedding Singer** Comedy. (1998, 12, 97min) ★★★★

6.10 **About a Boy** Comedy drama with Hugh Grant and Nicholas Hoult. (2002, 12, 101min) ★★★★
8.00 **Bridget Jones's Diary** Romantic comedy based on the best-selling novel by Helen Fielding, starring Renée Zellweger, Colin Firth and Hugh Grant. (2001, 15, 96min) ★★★★
9.40 **Bridget Jones: The Edge of Reason** Romantic comedy sequel starring Renée Zellweger, Colin Firth and Hugh Grant. (2004, 15, 108min) ★★★

11.30 **Terms of Endearment** Comedy drama. (1983, 15) ★★★★★
1.45 AM **Risky Business** Comedy drama. (1983, 18, 98min) ★★★★
3.30 **Sky Cinema Preview**
4.15 **to 6.00** AM **Singin' in the Rain** Musical starring Gene Kelly. (1952, U, 102min) ★★★★★

Sky Cinema Greats

304 304 404 504 518

7.00 AM **Billy Madison** Comedy. (1995, PG, 90min) ★★
8.35 **Shenandoah** As 2.20am.
10.25 **Mr Nice Guy** As 5.10am.
12.00 NOON **The Fugitive** As 12.10am.
2.10 PM **Lethal Weapon** Thriller. (1987, 15, 110min) ★★★★
4.05 **Lethal Weapon 2** Thriller sequel. (1989, 15, 110min) ★★★★
6.00 **Lethal Weapon 3** Thriller sequel. (1992, 15, 118min) ★★

8.00 **Lethal Weapon 4** Action thriller sequel starring Mel Gibson and Danny Glover. The maverick LA cop duo tangle with a gangster from the Hong Kong underworld. With Joe Pesci. (1998, 15, 128min) ★★★
10.10 **Fatal Attraction** Director Adrian Lyne's thriller about a married man whose one-night stand won't leave him alone. Stars Michael Douglas, Glenn Close and Anne Archer. (1987, 15, 120min) ★★★★

12.10 AM **The Fugitive** Action thriller starring Harrison Ford. (1993, 15, 128min) ★★★★★
2.20 **Shenandoah** Western drama. (1965, PG, 101min) ★★★★
4.10 **Sky Cinema Preview**
5.10 **to 6.50** AM **Mr Nice Guy** Comedy. (1996, 15, 88min) ★★★

Sky Cinema Animation

305 305 405 500 514

7.30 AM **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
9.10 **Bee Movie** Animated comedy. (2007, U, 91min) ★★★
10.50 **Pets on a Train** As 7.25pm.
12.25 PM **Transformers One** Animated sci-fi adventure. (2024, PG, 104min) ★★★★
2.15 **Smallfoot** Animated adventure with the voice of Channing Tatum. (2018, U, 96min) ★★★

4.00 **Trolls** Animated musical. (2016, U, 92min) ★★★
5.45 **The Ogglies** Animated adventure. (2021, PG, 85min) ★★★
7.25 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
9.05 **The Garfield Movie** Animated adventure with the voices of Chris Pratt and Samuel L Jackson. (2023, U, 101min) ★★★
10.55 **The Amazing Maurice** Animated adventure featuring the voice of Hugh Laurie. (2022, PG, 93min) ★★★★

12.45 AM **Open Season: Scared Silly** Animated comedy adventure. (2015, PG, 84min) ★★★
2.20 **Dragon Rider** Animation. (2020, PG, 91min) ★★★
4.05 **Teen Titans Go! to the Movies** Animation. (2018, PG) ★★★
5.45 **to 7.25** AM **The Ogglies** (2021)

Movies 24

312 313 419

7.00 AM **Mystery Island: Winner Takes All** Crime drama. (2025, PG, 90min) ★★
9.00 **Writing a Love Song** Romantic drama. (2024, PG, 85min) ★★
11.00 **Aloha Heart** Romantic drama. (2023, PG, 90min) ★★
1.00 PM **Sparks Over Brooklyn** Drama. (2023, PG, 89min) ★★
3.00 **Scented with Love** Romantic drama. (2022, PG, 83min) ★★

5.00 **Blind Date Book Club** Drama. (2024, PG, 90min) ★★
7.00 **Napa Ever After** Romantic drama with Denise Boutte. An attorney works to restore her grandmother's disused vineyard as a venue for her best friend's wedding. (2023, PG, 90min) ★★
9.00 **Love and Penguins** Romantic comedy with Tammin Sursok and Jason Wilder. A non-profit worker and a compassionate zoologist plan a fundraising gala. (2022, PG, 90min) ★★

11.00 **Love's Fast Lane** Romantic drama. (2023, PG, 90min) ★★
1.00 AM **Falling in Love in Niagara** Drama. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Planning on Forever** Drama. (2022, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Cactus Kid** (1935, PG) ★★
7.15 **Let's Sing with Popeye**
7.20 **The Black Arrow** 3/7. (S3)
7.50 **Legend of the Hidden City**
8.25 **The Adventures of Sir Lancelot**
9.00 **Batman** 59/60. (S2)
9.30 **The Roy Rogers Show**
10.00 **Captain Scarlet and the Mysterons** 2/32. (S1)
10.30 **The Adventures of William Tell**
11.00 **The Buccaneers** 13/39. (S1)

11.30 **The Adventures of Robin Hood**
12.00 NOON **Atomic Rulers** (1965) ★★
1.40 PM **Dancing with Crime** Crime drama. (1946, PG, 83min) ★★
3.20 **Look at Life** Documentary.
3.30 **Dial 999** 11/39. (S1)
4.00 **Whiplash** 7/34. (S1)
4.35 **Sea of Sand** Action drama. (1958, b/w, U, 97min) ★★★
6.35 **Aberdeen: The Silver City**
7.00 **Maigret** 11/13. (S3)
8.05 **Casebook of Sherlock Holmes**
10.10 **Man in the Attic** Crime thriller. (1953, b/w, PG, 82min) ★★

11.50 **Fantasy Films** Documentary.
12.05 AM **Eurotrash**
12.40 **The Proposition** Western. (2005, 18, 104min) ★★★★
2.45 **Snowbeast** Horror. (1977, 15) ★★
4.25 **The Adventures of Sir Lancelot**
4.55 **Stingray** 10/39. (S1)
5.30 **to 6.00** AM **Honey West**

Saturday

Sky Sports Main Event

401 401 501 419 439

7.00 AM **Ted's Notebook**
7.30 **Formula 1** Australian Grand Prix.
9.30 **Ted's Notebook**
10.00 **Formula 1** Australian Grand Prix.
11.00 LIVE **EFL Blackburn Rovers v Portsmouth.** Coverage of the Championship match staged at Ewood Park. Kick-off **12.30pm**.
3.00 PM **Formula 1** From Australia.
5.00 **Ted's Notebook**
5.30 LIVE **PGA Tour Golf** Coverage of day three of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge in Orlando, Florida.
11.00 LIVE **WTA & ATP Tennis** Coverage of day four of the Indian Wells Open at Indian Wells Tennis Garden in California. Great Britain's Cameron Norrie came up against the Czech 23rd seed Jiri Lehecka at this stage last year and carried on his good form from the opening round by booking his place in round three following a 3-6 6-4 7-5 victory.
2.30 **to 7.00** AM LIVE **Formula 1** Coverage of the Australian Grand Prix, the first round of the season at Albert Park Circuit. Start-time **4.00am**. *See feature, page 28.*

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Transfer 360** Jurgen Klinsmann.
7.30 **Netbusters** Recent action.
8.00 **Premier League Stories**
8.30 **The Big Interview**
9.00 **Premier League Review**
10.00 **Saturday Social**
11.00 **Premier League Stories**
11.30 **Netbusters** Fast-paced highlights using alternative angles.
12.00 NOON **Soccer Saturday Pre-Match** Build-up.
2.00 PM **Gillette Soccer Saturday**
5.30 **Premier League Years** A look back at the 2023/24 season.
7.30 **Premier League Review** Action from the top flight.
8.30 **Premier League Stories** Behind the scenes of the Premier League.
9.00 **The Big Interview** Featuring a Premier League star.
9.30 **Transfer 360** Focusing on former midfielder Gareth Barry.
10.00 **Premier League Review**
11.00 **Premier League Years** A look back at the 2023/24 season.
1.00 AM **PL Retro** Bolton Wanderers v Chelsea in the 2004/05 season.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Highlights**
6.15 **EFL Cup Retro** The 2014 final.
8.15 **SPFL Derby Best Goals**
9.15 **EFL Greatest Games**
9.45 **EFL Highlights**
10.00 **Saturday Social**
11.00 LIVE **EFL Blackburn Rovers v Portsmouth.** Coverage of the Championship encounter staged at Ewood Park. Pompey came back from 1-0 down to prevail 2-1 in December's reverse fixture at Fratton Park, with Callum Lang and Ibane Bowat scoring the goals. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.20 LIVE **Bundesliga FC Cologne v Borussia Dortmund.** German top-flight action from RheinEnergieStadion. Kick-off **5.30pm**.
7.30 **EFL** Blackburn v Portsmouth.
9.30 **EFL Highlights** Championship.
12.30 AM **Retro League One**
3.15 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Scottish Premiership Goals 2022/23**
5.30 **to 6.00** AM **Best Scottish Premiership Goals 2023/24**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Men's T20 World Cup**
8.00 **The History of the Men's T20 World Cup**
11.00 **The Story of the Men's T20 World Cup Final 2024**
12.00 NOON **Men's T20 World Cup** Action from the first semi-final.
1.00 PM **Men's T20 World Cup** Action from the second semi-final at Wankhede Stadium, Mumbai.
2.00 **The History of the Men's T20 World Cup** A look at the history of the global 20-over competition.
5.00 **The Story of the Men's T20 World Cup Final 2024**
6.00 **Men's T20 World Cup** Highlights from the first semi-final. **7.00** Action from the second semi-final at Wankhede Stadium.
8.00 **The Story of the Men's T20 World Cup Final 2024**
9.00 **Men's T20 World Cup** Highlights from the semi-finals.
11.00 **Men's T20 World Cup** Sri Lanka v New Zealand in the Super Eight match at R.Premadasa Stadium. **11.30** South Africa v Afghanistan in the Group D match held at Narendra Modi Stadium in India.
12.00 M'T **to 6.00** AM **Men's T20 World Cup**

Sky Sports Golf

406 406 506 423 443

6.00 AM LIVE **LPGA Tour Golf** Coverage of day three of the Blue Bay LPGA from Jian Lake Blue Bay Golf Club on Hainan Island.
9.00 **Ladies European Tour Golf**
10.00 LIVE **DP World Tour Golf** Coverage of day three of the Joburg Open held at Houghton Golf Club in South Africa.
2.30 PM LIVE **PGA Tour Golf** Coverage of day three of the Arnold Palmer Invitational held at Bay Hill Club & Lodge in Orlando. America's Russell Henley won this event last year after finishing one stroke ahead of Collin Morikawa.
11.00 **The Players Championship**
12.00 M'T **Legends Tour Golf**
12.30 AM **HotelPlanner Tour Golf**
1.00 **to 6.00** AM LIVE **Ladies European Tour Golf** Coverage of the fourth and final day of the Australian Women's Classic from Magenta Shores Golf and Country Club in New South Wales.

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
12.00 NOON **ATP Tennis** Doha Open.
1.00 PM **Tennis** The Eisenhower Cup.
3.00 **WTA & ATP Tennis** Highlights of day three of the Indian Wells Open.
7.00 PM **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage of day four of the Indian Wells Open held at Indian Wells Tennis Garden in California. At this stage last year, Jack Draper was in action for the first time owing to his seeded position, and got his quest for the title under way with a 6-4 6-0 win over Brazilian João Fonseca.

Sky Sports Mix

416 412 511 429 449

6.00 AM LIVE **LPGA Tour Golf** Day three of the Blue Bay LPGA from Jian Lake Blue Bay Golf Club.
9.00 **PL Greatest Games**
9.30 **Premier League Darts**
1.30 PM **PL Greatest Games**
2.00 **Super League** Leigh v Catalans.
4.45 **My Icon** Sporting influences.
5.30 **Indycar** Recent highlights.
8.00 LIVE **Indycar** Coverage of the Good Ranchers 250 at Phoenix Raceway in Avondale, Arizona.
10.30 **Men's T20 World Cup**
12.00 M'T **ATP Tennis** Recent finals.
3.00 AM **Darts Gold** Archive action.
4.00 **to 6.00** AM LIVE **LPGA Tour Golf** Coverage of day four of the Blue Bay LPGA at Jian Lake Blue Bay Golf Club on Hainan Island.

TNT Sports 1

410 413 521 408 430

6.00 AM LIVE **LIV Golf** The third day of the third round of the season from the Hong Kong Golf Club.
10.30 **FA Cup: The People's Story**
10.45 **Kenny Allstar's Number 1's**
11.00 LIVE **Emirates FA Cup Mansfield Town v Arsenal.** The fifth-round tie staged at One Call Stadium. Kick-off **12.15pm**.
2.45 PM LIVE **Cycling** The men's Strade Bianche in Tuscany, Italy.
4.15 **TNT Sports Reload**
4.30 **Premier League Netbusters**
5.00 **LIV Golf** From Hong Kong.
6.30 **Crouchy and Cole**
6.45 **Training Day** Newcastle United.
7.00 LIVE **Emirates FA Cup Newcastle United v Manchester City.** All the action from the fifth-round tie staged at St. James' Park. Kick-off **8.00pm**.
10.30 **The Breakdown**
10.45 **UFC Countdown**
11.30 **Fight Week** UFC 326 preview.
12.00 M'T LIVE **UFC** Preliminary bouts from UFC 326 at T-Mobile Arena.
2.00 **to 6.00** AM LIVE **UFC Max Holloway v Charles Oliveira.** The lightweight title bout at T-Mobile Arena in Las Vegas.

TNT Sports 2

411 414 522 409 431

6.00 AM LIVE **Test Cricket Australia v India.** Coverage of the second day of the one-off Test from Western Australian Cricket Association Ground in Perth.
12.00 NOON LIVE **Premiership Women's Rugby Harlequins v Saracens.** Coverage of the match from Twickenham Stoop. Kick-off **12.15pm**.
2.30 PM **Unbreakable: England**
4.00 **FA Cup: The People's Story**
4.15 **Ally's Social Club**
5.00 LIVE **Emirates FA Cup Wrexham v Chelsea.** Coverage of the fifth-round tie from StoK Racecourse. Kick-off **5.45pm**.
8.15 **UEFA Europa League & Conference League Magazine**
9.15 **Sign Up – Into Football**
10.00 **LIV Golf** Day three of the third round of the season in Hong Kong.
11.30 **Winter Paralympic Games**
12.30 AM **Men's Cycling**
1.30 **The Emirates FA Cup**
2.30 **Training Day** Newcastle United.
2.45 **The Breakdown**
3.00 **to 6.00** AM LIVE **LIV Golf** Coverage from the fourth and final day of the third round of the season at Hong Kong Golf Club.

Sky Sports Action

412 410 510 426 446

6.00 AM **NFL Highlights**
8.00 **Super League Highlights**
8.15 **Women's Super League**
8.30 LIVE **NRL Manly-Warringah Sea Eagles v Canberra Raiders.** Coverage of the match staged at Four Pines Park in Sydney. Kick-off **8.35am**.
10.30 **Super League Highlights**
10.45 **Women's Super League**
11.00 **Super League Highlights**
11.30 **NBA on Fire** The latest news.
12.00 NOON **Premier League Darts**
4.00 PM **Super League Highlights**
4.15 **Women's Super League**
4.30 **Super League Highlights**
5.00 **NFL Highlights** Pittsburgh Steelers v Green Bay Packers.
6.00 **Premier League Darts** Another chance to see the fifth night staged at Utilita Arena Cardiff.
10.00 **NFL Bitesize Highlights**
10.30 **NBA on Fire** The latest news.
11.00 LIVE **NBA Basketball Detroit Pistons v Brooklyn Nets.** Coverage of the Eastern Conference match at Little Caesars Arena. Tip-off **11.00pm**.
1.30 AM **Super League**
4.45 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM LIVE **Super Rugby Blues v Crusaders.** Coverage of the match staged at Eden Park in Auckland. Kick-off **6.05am**.
8.00 **Sky Sports Breakfast**
8.30 LIVE **Super Rugby Brumbies v Queensland Reds.** Coverage of the match at GIO Stadium. Kick-off **8.35am**.
10.30 **Sky Sports News**
11.00 **EFL Build-Up**
12.25 PM LIVE **EFL Hull City v Millwall.** Coverage of the Championship match at MKM Stadium, where the Tigers will look for a second win of the season over the Lions. Kick-off **12.30pm**.
3.00 **Gillette Soccer Saturday**
5.30 **Gillette Soccer Saturday: Reaction** Post-match analysis.
6.00 **Soccer Saturday Fan Zone**
7.00 PM **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage of day four of the Indian Wells Open held at Indian Wells Tennis Garden in California. At this stage last year, Jack Draper was in action for the first time owing to his seeded position, and got his quest for the title under way with a 6-4 6-0 win over Brazilian João Fonseca.

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **Isuzu UTE A-League Newcastle Jets v Western Sydney Wanderers.** At McDonald Jones Stadium. Kick-off **6.00am**.
8.00 **UEFA Champions League**
8.30 LIVE **Isuzu UTE A-League Sydney FC v Melbourne Victory.** Kick-off **8.35am**.
10.30 LIVE **Cycling** The women's Strade Bianche in Tuscany, Italy.
1.00 PM LIVE **Cycling** The men's Strade Bianche in Tuscany, Italy.
4.15 **MotoGP Highlights**
5.15 **AFL** Recent highlights.
8.15 **Sign Up – Into Football**
9.00 **Premiership Women's Rugby**
10.00 **Women's Cycling World Tour**
11.00 **The Emirates FA Cup**
1.00 AM LIVE **World Baseball Classic USA v Great Britain.** Coverage of the Pool B game at Daikin Park.
4.30 **UEFA Europa League & Conference League Magazine**
5.30 **to 6.00** AM **Champions League**

TNT Sports 4

414 416 524 411 434

5.00 AM LIVE **AFL GWS Giants v Hawthorn Hawks.**
8.00 **TNT Sports Reload**
8.15 LIVE **Alpine Skiing** Run one of the men's giant slalom in Slovenia.
9.45 LIVE **Alpine Skiing** Women's downhill in Fassa Valley, Italy.
11.15 LIVE **Alpine Skiing** Run two of the men's giant slalom in Slovenia.
12.30 PM LIVE **Biathlon** The women's mass start in Kontiolahti, Finland.
1.30 LIVE **Nordic Combined Skiing** From Lahti, Finland.
2.15 LIVE **Biathlon** Coverage of the men's relay in Kontiolahti, Finland.
4.00 LIVE **Ski Jumping** Coverage from the men's HS130 in Lahti.
5.45 **MotoGP Rewind**
6.00 **Isuzu UTE A-League**
8.00 **Cricket** Highlights and features.
9.30 PM **to 6.30** AM LIVE **Women's ODI Cricket New Zealand v Zimbabwe.** The second ODI from University Oval.

Premier Sports 1

419 551

6.00 AM **LaLiga** Osasuna v Mallorca.
8.00 **NHL Ice Hockey**
10.00 **Coppa Italia Show**
10.30 **URC in 60** Recent action.
11.30 **Top 14 Rugby Union Highlights**
12.00 NOON **The Rugby Pod**
1.30 PM LIVE **Guinness Six Nations Scotland v France.** Coverage of from Scottish Gas Murrayfield Stadium. Kick-off **2.10pm**.
4.30 **Top 14 Rugby Union Highlights**
5.00 **Eredivisie Highlights**
6.00 **Football's Greatest**
7.00 LIVE **Scottish Cup Football Dunfermline v Aberdeen.** The quarter-final from KDM Group East End Park. Kick-off **7.30pm**.
10.30 **LaLiga** Levante v Girona.
12.30 AM **Scottish Cup Football**
2.30 **NHL: This is Hockey**
3.00 **to 6.00** AM LIVE **NHL Ice Hockey Calgary Flames v Carolina Hurricanes.** The inter-conference match. Face-off **3.00am**.

Premier Sports 2

420 552

6.00 AM **Football's Greatest**
7.00 **Top 14 Rugby Union**
9.00 **NHL Ice Hockey**
11.00 **LaLiga** Osasuna v Mallorca.
12.55 PM LIVE **LaLiga Getafe v Real Betis.** The Spanish top-flight match from Estadio Coliseum. Kick-off **1.00pm**.
3.00 **Coppa Italia Show**
3.30 **NHL on the Fly**
4.30 **NASCAR Highlights**
5.25 **Football's Greatest**
5.55 **Eredivisie Highlights**
6.55 LIVE **Eredivisie PSV Eindhoven v AZ Alkmaar.** The Dutch top-flight match from Philips Stadion. Kick-off **7.00pm**.
9.00 **Football's Greatest**
10.00 **NHL Ice Hockey**
12.00 M'T LIVE **NHL Ice Hockey Los Angeles Kings v Montreal Canadiens.** The inter-conference match. Face-off **12.00m't**.
3.00 AM **Temples of Sport**
3.30 **to 6.00** AM **Football**

Sky Sports F1

407 407 507 424 444

7.00 AM **Ted's Notebook**
7.30 **Formula 1** Australian Grand Prix.
9.30 **Ted's Notebook**
10.00 **Formula 1** Action from Australia.
11.00 **Ted's Notebook**
11.30 **Formula 1** Highlights.
1.30 PM **Ted's Notebook**
2.00 **Formula 1** Australian Grand Prix.
5.00 **Ted's Notebook**
5.30 **Formula 1** Action from Australia.
7.30 **Ted's Notebook**
8.00 **Formula 1** Australian Grand Prix.
9.00 **F1 Features**
9.45 LIVE **Formula 3** Coverage of the Australian Grand Prix feature race.
10.50 **Williams F1 Blue Angels**
11.00 **Formula 1** Australian Grand Prix.
12.00 M'T **Chasing the Dream**
12.20 AM LIVE **Formula 2** The Australian Grand Prix feature race.
1.40 **F1 Features**
2.30 **to 7.00** AM LIVE **Formula 1** The Australian Grand Prix staged at Albert Park Circuit. Start-time **4.00am**. *See feature, page 28.*

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

8 March

Evening Planner

Sunday

Football

FA Cup Fifth Round
TNT Sports & Discovery+
Today sees Fulham v Southampton and Leeds v Norwich City, while either Port Vale or Bristol City take on Sunderland.

Factual

Ghost Elephants
Nat Geo WILD, 8pm, & Disney+
Cameras follows conservationist Dr Steve Boyes on his quest to find an elusive species of elephant in Angola.

Drama

The Capture
BBC1, 9pm
Holliday Grainger is back as Detective Rachel Carey, who is working to restore the public's faith in high-tech surveillance.

Drama

Gone
ITV1, 9pm (box set, ITVX)
David Morrissey stars in this thriller as the headteacher of a public school whose wife has disappeared. Also stars Eve Myles.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 MasterChef: The Professionals		8.00 Call the Midwife		9.00 The Capture		10.00 News	10.30 Match of... †
	102 BBC2	7.00 Antiques Roadshow		8.00 Big Cats 24/7		9.00 Forensics: The Real CSI		10.00 Film: Platoon	
	103 ITV1	◂ 6.55 The Floor		8.00 Who Wants to Be a Millionaire?		9.00 Gone		10.00 News	10.20 Faked: Hunting My...
	104 CHANNEL 4	7.00 Crufts: Best In Show				9.00 The Great Pottery Throw Down		10.15 Gogglebox	
	105 5	7.00 Britain's Best Mattress: How to Sleep...		8.00 22 Kids & Counting		9.00 Rich House, Poor House			10.30 The World's...
	106 SKY ONE	7.00 Film: The Hobbit: The Desolation of Smaug						10.00 Saturday Night Live	
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Film: The End We Start From			10.35 RuPaul's...
	116 BBC4	7.00 Travels with Pevsner		8.00 Humphrey Burton: The Huw Wheldon...		9.00 Humphrey Burton: Conversations with...		10.00 Arena	10.30 An Enemy of...
	118 ITV2	◂ 6.15 Film: Jurassic World: Dominion				9.00 The Princess Diaries		10.00 Family Guy	
	136 MORE4	◂ 6.50 Four in a Bed				9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Film: The Transporter			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Watson		10.00 The Rookie	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 All Her Fault		10.00 DTF St Louis	
	110 U&GOLD	7.00 The Vicar of Dibley			8.20 Dad's Army	9.00 The Royle Family			10.20 Bottom Live
	111 U&DAVE	7.00 Special Ops: To Catch a Criminal		8.00 Will & Ralf Should Know Better		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	◂ 6.00 Agatha Christie's Marple		8.00 Midsomer Murders				10.00 Vera	
	120 ITV4	7.00 Darts: UK Open – Live: The semi-finals and final							
	112 COMEDY CENTRAL	◂ 6.50 Friends				9.00 Film: R.I.P.D			
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine							
	143 U&DRAMA	7.00 North and South			8.20 Sister Boniface Mysteries		9.20 Silent Witness		
	109 U&ALIBI	7.00 Murdoch Mysteries		8.00 Father Brown		9.00 Death in Paradise		10.00 NCIS: Sydney	
	122 SKY ARTS	7.00 War Paint – Women at War				9.00 Film: The Manchurian Candidate			
	132 U&W	7.00 Inside the Ambulance		8.00 Inside the Operating Theatre				10.00 The Young Midwives of Essex	
DOCUMENTARY	125 DISCOVERY	7.00 Moonshiners		8.00 Moonshiners: Master Distiller		9.00 Barnwood Builders		10.00 Wheeler Dealers	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Little Giants		9.00 Alaskan Bush People		10.00 Tanked	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Hitler's Death Army: Das Reich				10.00 The Battle for Britain: Drain the Oceans	
	123 SKY HISTORY	◂ 6.55 The Lost Women Spies		8.00 Queens of Ancient Egypt					
	155 U&YESTERDAY	7.00 Motorhoming with Merton & Webster				9.00 Classic Car Kings		10.00 Bangers & Cash	
	114 SKY DOCS	◂ 6.45 Tina				9.00 Becoming Madonna			
FILMS – Sky Cinema	301 PREMIERE	◂ 5.40 Jurassic World: Rebirth		8.00 Adulthood			9.45 Icefall		
	302 AWARD SEASON	◂ 6.10 Mamma Mia!		8.00 Love Actually					10.25 Yesterday
	303 WOMEN IN FILM	◂ 5.35 Wonder Woman		8.00 Promising Young Woman				10.00 Ghostbusters	
	304 GREATS	◂ 6.20 Police Academy		8.00 Police Academy 2: Their First Assignment			9.30 Police Academy 3: Back in Training		
	305 ANIMATION	◂ 5.40 Rango	7.40 Pets on a Train				9.20 The Lego Ninjago Movie		
	306 FAMILY	◂ 6.00 Stuart Little	7.40 Stuart Little 2				9.15 Breaking Point		
	307 ACTION	◂ 5.55 Twister		8.00 The Amazing Spider-Man					10.25 The Amazing...
	308 COMEDY	◂ 5.55 Miss Congeniality		8.00 How to Lose a Guy in 10 Days				10.00 Blades of Glory	
	309 THRILLER	◂ 5.45 Jason Bourne		8.00 Cellular			9.40 Snatch		
	310 DRAMA	◂ 5.55 Darkest Hour		8.00 Dunkirk				9.50 An Officer and a Gentleman	
	311 SCI-FI	◂ 5.05 Interstellar		8.00 Waterworld					10.20 A Quiet Place
	313 FILM4	◂ 6.50 Men in Black: International				9.00 John Wick: Chapter 3 – Parabellum			
SPORT	401 MAIN EVENT	◂ 6.30 PGA Tour Golf – Live: The Arnold Palmer Invitational						10.00 Tennis – Live: The Indian Wells Open	
	402 PREMIER LEAGUE	7.00 Netbusters	7.30 PL Stories	8.00 PL Review		9.00 Big Interview	9.30 PL Stories	10.00 PL Review	
	403 FOOTBALL	7.00 EFL Goals		8.00 EFL Highlights				10.00 EFL Goals	
	405 CRICKET	7.00 The History of the ICC Men's T20 World Cup				9.00 ICC Men's T20 World Cup			
	410 TNT SPORTS 1	7.00 UEFA Magazine	7.30 Serie A – Live: Football from Italy's top division					10.00 LIV Golf	
	411 TNT SPORTS 2	◂ 5.00 World Baseball Classic – Live: Italy v Great Britain			8.30 WRC Magazine	9.00 UFC			

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Sunday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning** Series finale (S)
11.30 **Homes Under the Hammer** (S)(R)
12.30 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **Escape to the Country** (S)(R)
2.25 **Gladiators** 8/11. Bradley and Barney Walsh host the last of the quarter-finals. (S)(R)(AD)
3.25 FILM **Spider-Man 3** Fantasy adventure sequel starring Tobey Maguire. A mysterious substance turns Spider-Man's suit jet-black and brings out a dark side to his personality. With Kirsten Dunst. (S)(AD) (2007, 12, 130min) ★★★
5.35 **BBC News** (S)
5.50 **Local News** (S)

8.00 Call the Midwife

6 PM
6.00 **Countryfile** New edition Charlotte Smith and Vick Hope explore sugar beet harvesting in the east of England, meeting farmers and visiting one of the country's biggest processing plants. (S)

7 PM
7.00 **MasterChef: The Professionals** New edition 12/21. The last quarter-final sees the competitors serve up a dish based around mince. (S)(AD)
■ Continues on Tuesday

8 PM
8.00 **Call the Midwife** Series finale 8/8. Sister Veronica must decide her future as the maternity home prepares to close, and the Mullucks fight for the rights of thalidomide victims. (S15) (S)(AD)

9 PM
9.00 NEW SERIES **The Capture** *Don't Look at the Camera:* 1/6. Return of the detective drama starring Holliday Grainger. Rachel Carey is ready to launch a new camera network. *See feature, page 8.* (S3) (S)(AD)

10 PM
10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 **Match of the Day: FA Cup** Highlights of today's fifth-round ties, including Fulham v Southampton at Craven Cottage and Leeds United v Norwich City at Elland Road. (S)
11.50 **The Graham Norton Show** A compilation of highlights from the recent series, featuring Chris Pratt, Cynthia Erivo, Idris Elba, Wunmi Mosaku, Ant and Dec, Chris Hemsworth, Halle Berry, Rachel McAdams, Margot Robbie, Laura Dern and Jacob Elordi. (S)(R)
12.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.45 AM FILM **Kensuke's Kingdom** Animated adventure featuring the voice of Aaron MacGregor. (S)(AD) (2023, PG, 80min) ★★★★
8.05 **Countryfile** The River Tweed. (S)(R)
9.00 **My Kind of Town** Series finale (S)
9.30 **Great British Menu** (S)(R)(AD)
10.30 **Saturday Kitchen Best Bites** New edition With Alfie Boe. (S)
12.00 NOON FILM **The Life and Death of Colonel Blimp** Drama starring Roger Livesey and Deborah Kerr. (S) (1943, U, 160min) ★★★★★
2.40 PM FILM **Angels One Five** Wartime drama starring Jack Hawkins and Michael Denison. (S) (1951, b/w, U, 95min) ★★
4.15 **Flog It!** From Huddersfield. (S)(R)
5.00 **This Farming Life** 2/12. Ally is hoping to make his mark at Dingwall show and market. (S)(R)

9.00 Forensics: The Real CSI

6.00 **Rugby Union: Six Nations** Action from the penultimate round of fixtures, featuring Scotland v France at Murrayfield, Ireland v Wales at Aviva Stadium and Italy v England at Stadio Olimpico. (S)

7.00 **Antiques Roadshow** Fiona Bruce presents the show from Pitzhanger Manor in Ealing, where finds include an 18th-century children's book, a vintage trainer collection and a flying helmet. (S)(R)

8.00 **Big Cats 24/7** 2/6. The Xudum pride's mothers and young cubs flee south as four dangerous intruder male lions close in, threatening to kill cubs and take over the pride. (S)(R)(AD)

9.00 **Forensics: The Real CSI** New edition 2/5. When CCTV captures the sexual assault of a woman in a phone box in Birmingham, forensics teams race to identify the attacker before he can strike again. (S)

10.00 FILM **Platoon** Oliver Stone's Oscar-winning war drama starring Charlie Sheen, Tom Berenger and Willem Dafoe. A teenage college drop-out volunteers to serve as an ordinary foot soldier in Vietnam. (S)(AD) (1986, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.55 FILM **The Best Man Holiday** Comedy drama sequel starring Taye Diggs, Morris Chestnut and Monica Calhoun. A group of former college friends reunite to celebrate Christmas together. (S) (2013, 15, 115min) ★★
1.50 AM **Sign Zone: Silent Witness** (R)
2.50 **Sign Zone: Question Time** (S)(R)
3.50 **to 6.40** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **James Martin's Great British Adventure** (S)(R)(AD)
6.25 **James Martin's Saturday Morning**
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.25 **Fletchers' Family Farm** New edition Documentary. (S)(AD)
12.25 PM **Ainsley's Taste of the Bahamas** Series finale (S)
12.55 **Talking Royals** New edition (S)
1.25 **James Martin's Great British Adventure** (S)(R)(AD)
1.50 **ITV News** (S)
2.05 **Britain's Got Talent** (S)(R)(AD)
3.25 FILM **Indiana Jones and the Temple of Doom** Action adventure. (S)(AD) (1984, PG, 135min) ★★★
5.40 **The 1% Club** Quiz. (S)(R)(AD)

6.55 The Floor

6.30 **ITV News** (S)
6.40 **Local News** (S)
6.55 **The Floor** Series finale 10/10. Rob Brydon hosts the grand finale of the game show, with the remaining nine contestants facing one last series of high-stakes duels. Two players will compete in a best-of-three final, but only one of them will conquer the Floor and take home the £50,000 jackpot. (S)(AD)

8.00 **Who Wants to Be a Millionaire?** New edition Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives. (S)

9.00 NEW SERIES **Gone** 1/6. Psychological thriller with Eve Myles and David Morrissey. A headmaster arrives home to find there is no sign of his wife. *See feature, page 6.* (S1) (S)(AD)
■ Continues tomorrow

10.00 **ITV News** (S)
10.20 **Faked: Hunting My Online Predator** New edition An edition of the *Exposure* strand about three women who were at the heart of a five-year hunt to unmask a predator behind deepfake online profiles. (S)
11.20 **Long Lost Family** Davina McCall and Nicky Campbell follow the story of a woman whose mother forced her to give up her son. (S)(R)(AD)
12.15 AM **Teleshopping**
3.00 **The Real Unforgotten** (S)(SL)(R)
4.00 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Fletchers' Family Farm** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

5.55 AM **The King of Queens** (S)(R)
6.45 **The Simpsons** (S)(R)(AD)
8.00 LIVE **Winter Paralympics** Ed Jackson and Billy Monger host coverage of the opening events on day two of the Games in Italy. (S)
10.30 LIVE **Winter Paralympics** Further coverage of day two, as the snowboard cross continues at Cortina Para Snowboard Park. (S)
1.00 PM **F1: Australian Grand Prix Highlights** Steve Jones presents action from the opening race of the season, held at Albert Park Circuit in Melbourne. (S)
3.30 LIVE **Crufts** Clare Balding and Claudia Winkleman host as the excitement builds towards Best in Show and the Intermediate and Large dogs tackle the Agility course. *Continues at 7.00pm.* (S)

9.00 The Great Pottery Throw Down

6.00 **News** (S)
6.30 **Winter Paralympics Highlights** Ade Adepitan presents action from the second day of the Games, held in Milan and Cortina d'Ampezzo, Italy. (S)(SL)
7.00 LIVE **Crufts: Best in Show** Clare Balding and Claudia Winkleman introduce the grand finale of this year's dog show, as the Best in Show winner is declared. Plus, the judging of the Gundog Group, the Hero Dogs of 2026, and the presenting team select the breeds that look most like them. (S)

9.00 **The Great Pottery Throw Down** Series finale 10/10. Siobhán McSweeney and judges Keith Brymer Jones and Rich Miller present the final, where the three remaining potters create miniature model theatres and take on a tricky throwing technique in their last surprise second challenge. (S)(AD)
10.15 **Gogglebox** The households' opinions on recent TV shows. (S)(R)(AD)
11.15 **First Dates** A tech consultant is matched with a serial dater. (S)(R)
12.20 AM FILM **Freaky** Horror comedy starring Vince Vaughn. (S)(AD) (2020, 15, 100min) ★★★★
2.00 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
2.50 **The Simpsons** (S)(R)(AD)
4.05 **Jamie Cooks Spring** (S)(SL)(R)
5.00 **Location, Location, Location** (R)
5.55 **to 6.35** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.10 **Bargain-Loving Brits in the Sun** Double bill. (S)(R)
11.00 **Hotel Benidorm: Fun-Loving Brits in the Sun** (S)(R)
12.00 NOON **Malta: The Jewel of the Med** Cameras focus on Malta's most skilful boat pilots. (S)(R)
1.00 PM **Cruising with Jane McDonald** Double bill. The singer embarks on a voyage around the Caribbean. (S)(R)
3.35 **Inside the Tower of London** The Beefeaters' iconic uniforms need to be updated. (S)(R)
4.35 **The Princes in the Tower: A Damning Discovery** Exploring the 1483 mystery of the two young princes who vanished without a trace. (S)(R)

7.00 Britain's Best Mattress

6.05 **News** (S)
6.10 **Celebrity Puzzling** Jeremy Vine hosts the quiz, with guests Ugo Monye and Matt Edmondson joining team captains Carol Vorderman and Sally Lindsay. (S)(R)
7.00 **NEW Britain's Best Mattress: How to Sleep Better** Sleep scientists, consumer experts and technologists reveal how to find the perfect mattress. (S)
8.00 **22 Kids & Counting** New edition The Radfords set out to explore their family heritage, with Noel and Sue going head to head to see whose side of the family tree holds the biggest shocks. (S)
9.00 **Rich House, Poor House** New edition A single mother from Essex and her daughter swap homes with a millionaire entrepreneur who has made a fortune on Spain's Costa Blanca. (S)
10.30 **The World's Most Luxurious Cruise** The *Seven Seas Splendor*'s crew welcome one of the industry's most influential travel writers on board. (S)(R)
11.30 **When Cruising Goes Horribly Wrong** Disasters at sea. (S)(R)
12.55 AM **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.30 **Friends** (S3) (S)(R)(AD)
2.55 **Secret Spitfires: How Britain Won the War** (S)(R)
3.45 **The Yorkshire Vet** (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **S.W.A.T.** (S1) (S)(R)(AD)
9.00 **The Simpsons** (S)(R)
10.00 **F1: Australian Grand Prix Highlights** Action from the first round of the season at Albert Park Circuit in Melbourne.
11.00 **The Simpsons** (S)(R)
12.00 NOON **Police 24/7** (S)(R)
3.00 PM **Rob & Romesh vs K-Pop** The comedians enter the world of the music phenomenon of K-Pop. (S)(R)(AD)
4.00 **Rob & Romesh vs Hip Hop** The duo immerse themselves in the world of rap.(S)(R)(AD)
5.00 **Agatha Raisin** *The Wizard of Evesham – Part One*: 1/6. The sleuth's hairstylist becomes the centre of a maelstrom involving blackmail, conspiracy and murder. (S2) (S)(R)(AD)

7.00 The Hobbit: The Desolation...

6.00 **Agatha Raisin** *The Wizard of Evesham – Part Two*: 2/6. The beauty salon case continues for Agatha as she digs deeper into her hairstylist's supposed crimes. (S2) (S)(R)(AD)
7.00 **FILM The Hobbit: The Desolation of Smaug** Peter Jackson's epic fantasy adventure, the second part of his adaptation of JRR Tolkien's children's novel, starring Martin Freeman and Ian McKellen. Hobbit Bilbo Baggins and the company of dwarves continue their quest to reclaim the dwarves' lost kingdom. With Richard Armitage and Benedict Cumberbatch. (S) (2013, 12, 180min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
10.00 **Saturday Night Live** New edition American sketch show, taking a satirical sideswipe at cultural and political issues.
11.30 **Ricky Gervais Live: Animals** Feature-length film shot during Ricky's first stand-up tour. (S)(R)
1.00 AM **The Force: Manchester** Double bill of editions. (S)(R)
3.00 **NEW SERIES Rooster** 1/10. Comedy starring Steve Carell and Charly Clive. (S1)
3.40 **Road Wars** (S)(R)
4.10 **Brit Cops: Frontline Crime UK** Officers in west Wales deal with a domestic incident. (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol**

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S) **10.30pm** Sportscene: Scottish Cup Highlights (S)(R) **11.15** Match of the Day: FA Cup (S) **12.35am** The Graham Norton Show (S)(R) **1.25** Weather for the Week Ahead (S) **1.30-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.00-10.30am Sunday Politics (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.00-10.30am Politics Wales (S) **1.50pm** Bear Grylls: Wild Reckoning (S)(R) **2.20-2.25pm** The Super Squirrels (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm Cumasc: Seisiúin sa Black Gate New editions (S) **11.00** Sunday Politics (S)(R) **11.30 FILM** Platoon (S)(AD) (1986, 15, 115min) ★★★★ **1.25-1.50am** Weather Watchers with Barra Best (S)(R)

WALES
Sky 968, Freesat 968
4.15pm Flog It! (S)(R) **4.30-5.00pm** Weatherman Walking: The Welsh Coast (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Am Dro! (AD) **10.00** Clwb Rygbi Rhyngwladol **11.00** Arfordir Cymru: Llyn **11.25** Dechrau Canu Dechrau Canmol **12.25pm** Y Deis **12.55** Ffermio **1.25** Sgorio **3.10** Pobol y Cwm Omnibws (AD) **4.15 LIVE** Sgorio **6.45** Dechrau Canu Dechrau Canmol New edition **7.15** Newyddion a Chwaraeon **7.30 NEW SERIES** Y Llais **9.00** Stori'r Iaith **10.00** Radio Fa'ma (AD) **11.00-11.35pm** Codi Hwyl: Llydaw

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Linda makes a bad situation worse. **7.30** Ravi is conflicted over his loyalties, and Max takes action on Linda's behalf. **8.00** Mark walks into a risky situation, while Kim gets a surprise at The Albert. **8.30** Julie is furious to discover Clare and Lexi have discharged Nigel.
9.00 **FILM The End We Start From** Thriller starring Jodie Comer. A woman and her newborn must find their way home after an environmental crisis leaves London submerged. With Benedict Cumberbatch, Joel Fry and Mark Strong. (2023, 15, 102min) ★★★★
10.35 **RuPaul's Drag Race UK vs the World** 6/8. Jayde Adams prepares the queens for RuPaul's Fringe Festival.
11.40 **Thailand: The Dark Side of Paradise** 1-3/3.
2.00 AM **Missing in Paradise: Searching for Sarm**
3.30 **to 4.00** AM **Tommy: The Good. The Bad. The Fury**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Travels with Pevsner** Janet Street-Porter explores North Yorkshire.
7.50 **100 Great Paintings** John Constable's last depiction of Salisbury Cathedral.
8.00 **Humphrey Burton: The Huw Wheldon Lecture** The producer and director talks about the achievements of *Monitor*.
9.00 **Humphrey Burton: Conversations with Glenn Gould** The broadcaster talks to the Canadian pianist.
9.40 **Humphrey Burton: Profile of a Quartet** A 1960 film following the Allegri Quartet.
10.00 **Humphrey Burton: Theatre – Arena** The first edition of the arts magazine.
10.30 **An Enemy of the People** Maggie Allen's adaptation of Henrik Ibsen's play.
11.50 **Brand** A 1959 adaptation of Henrik Ibsen's verse tragedy.
1.25 AM **Humphrey Burton: The Huw Wheldon Lecture** As 8.00pm.
2.25 **to 3.15** AM **Travels with Pevsner**

MORE4

136/137 127 147 18 124 15

8.55 AM **Come Dine with Me**
11.35 **A Place in the Sun**
4.05 PM **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer meet the Farhalls in Windsor.
5.15 **Location, Location, Location** From Balham and Putney in south-west London.
6.20 **Four in a Bed** The contest gets under way at Lovelady Shield Hotel in Cumbria. **6.50** The week's second visit comes from the Ryebeck Hotel in the Lake District.
7.25 **Four in a Bed** A visit to Dale2Swale Glamping in Richmond, North Yorkshire. **7.55** The final visit of the week is to Ashbourne Holidays in Derbyshire. **8.25** Sparks fly on Payment Day over a lack of electricity.
9.00 **999: On the Front Line** New edition Paramedics treat a man who is having a heart attack but thinks he has just pulled a muscle. Meanwhile, a day out hiking ends badly for a man when he falls and injures his ankle.
10.00 **24 Hours in A&E** The stories of people who changed the course of their lives by taking huge risks.
11.05 **24 Hours in A&E**
12.05 AM **999: On the Front Line** Documentary.
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.15 **Rude(ish) Tube Shorts**
7.30 **Modern Family**
10.00 **Sunday Brunch** New edition Guests include Ben Shephard, Ruby Wax and Emmett J Scanlan.
1.00 PM **Rude(ish) Tube Shorts**
1.20 **Ramsay's Kitchen Nightmares USA**
3.20 **FILM Kindergarten Cop** Comedy thriller starring Arnold Schwarzenegger and Penelope Ann Miller. (1990, 15, 111min) ★★★
5.30 **The Simpsons** Seven episodes, including at: **7.30** *The Principal and the Pauper:* Principal Skinner is exposed as an imposter. **8.00** *Treehouse of Horror XXXII:* Featuring parodies of *Bambi* and *Parasite*. **8.30** *The Wayz We Were:* Evergreen Terrace develops a major traffic problem.
9.00 **FILM The Transporter** Action thriller starring Jason Statham. An underworld courier discovers he is unwittingly transporting a kidnapped Chinese woman and uncovers an international slavery ring. (2002, 15, 88min) ★★★
10.50 **Naked Attraction**
11.55 **Gogglebox**
2.05 AM **Naked Attraction**
3.05 **Don't Tell the Bride**
4.20 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime primetime

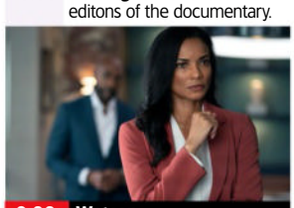
SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **Brit Cops: Frontline Crime UK** Documentary series.
9.00 **Stop, Search, Seize**
10.00 **Border Patrol**
12.00 NOON **UK Border Force**
1.00 PM **Nothing to Declare UK**
2.00 **Customs UK** Double bill.
3.00 **Police 24/7** A man with cancer is found with large amounts of weed. **4.00** A traffic stop leads to the seizure of a hidden gun.
5.00 **Nothing to Declare** Four editons of the documentary.


9.00 Watson

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Watson** New episode *Happy When It Rains:* 4/20. Four patients are infected with a flesh-eating bacterium. (S2)

10 PM
10.00 **The Rookie** *The Red Place:* 3/18. Harper and Lopez help to outsmart a killer, while Miles visits a familiar face. (S8)
11.00 **Fire Country** 8/22. (S1)
12.00 M'T **Elsbeth** 5/10. (S1)
1.00 AM **Law & Order: Criminal Intent** 4/8. (S10)
2.00 **Law & Order: SVU** (S26)
3.00 **Road Wars**
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Game of Thrones** (S3&4)
2.30 PM **Game of Thrones** 3/10. Pod gives Tyrion news of his forthcoming trial. **3.35** 4/10. Jaime has a mission for Brienne. **4.40** 5/10. Cersei and Tywin plot their next move after Tommen's coronation. **5.45** 6/10. Stannis and Davos arrive in Braavos for their meeting with the Iron Bank. **6.50** 7/10. Jon's warnings about the Wall's vulnerability fall on deaf ears. (S4)

9.00 All Her Fault

7.55 **Game of Thrones** *The Mountain and the Viper:* 8/10. Tyrion's fate is decided as Oberyn Martell and Gregor Clegane clash in his trial by combat. (S4)

9.00 **All Her Fault** 1/8. Mystery thriller based on the book by Andrea Mara, starring Sarah Snook and Dakota Fanning. (S1)

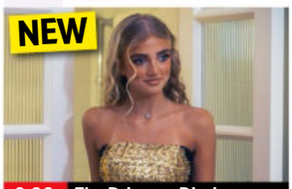
10.00 **DTF St Louis** *Cornhole:* 1/7. Clark and Floyd begin to explore a new dating app for extramarital affairs. (S1)
11.00 **Task** 7/7. (S1)
12.05 AM **Game of Thrones** (S4)
2.00 **DTF St Louis** New episode 2/7. Detectives Homer and Plumb dig deeper into Clark's relationship with Carol. (S1)
3.05 **Game of Thrones** 10/10. (S4)
4.15 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Totally Bonkers Guinness World Records**
7.40 **Dress to Impress**
8.35 **The Only Way Is Essex**
10.35 **Deal or No Deal**
1.35 PM **Celebrity Catchphrase**
2.40 FILM **Madagascar: Escape 2 Africa** Animated adventure sequel featuring the voices of Ben Stiller and Chris Rock. (2008, PG, 89min) ★★★
4.25 **Britain's Got Talent**
5.50 **Britain's Got Talent: Unseen** New edition



9.00 The Princess Diaries

6.15 FILM **Jurassic World: Dominion** Adventure sequel with Chris Pratt and Bryce Dallas Howard. Operatives return to the destroyed dinosaur island on an important retrieval mission, and familiar faces make an appearance. (2022, 12, 154min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 NEW SERIES **The Princess Diaries** 1/4. Princess Andre opens up about the press backlash following her first series.

10.00 **Family Guy** 18/20. Meg starts a new life. **10.30** 19/20. The Griffins are stuck in a hotel room during a storm. (S18)
11.00 **Family Guy** 13/20. Stewie's serene future life is interrupted by Brian. (S18)
11.30 **American Dad!** (S16)
12.35 AM **The Princess Diaries**
1.35 **Plebs** 3/8. (S2)
2.05 **Deep Fake Neighbour Wars**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Wycliffe** (S2)
8.10 **Lewis** *The Dead of Winter.*
10.10 **Endeavour** *Deguello.*
12.05 PM **Doc Martin** 3&4/7. (S3)
2.05 **Rosemary & Thyme** *Orpheus in the Undergrowth:* The duo investigate the death of a recovering alcoholic. **3.05** *They Understand Me in Paris:* Laura and Rosemary restore the gardens of a friend's French Riviera villa.
4.05 **McDonald & Dodds** 2/3. The detectives investigate when a body is found on a bus. (S4)

6.00 Agatha Christie's Marple

6.00 **Agatha Christie's Marple** *Endless Night:* A couple build their dream home on supposedly cursed land.

8.00 **Midsomer Murders** *A Grain of Truth:* An organic bakery in the newly restored Larkton's Mill causes resentment amongst several villagers, but a series of incidents surrounding the business ends in a murder.

10.00 **Vera** *Blind Spot:* The detective must complete a murder victim's research into an old criminal case to find out who may have wanted her dead.
11.50 **The Lady** 3/4. Cracks appear in Jane's relationship. **12.50** AM 4/4. Jane finds herself at the centre of a police investigation. (S1)
1.50 **On the Buses**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Football Rivalries**
6.20 **Auto Mundial**
6.50 **Motorsport Mundial**
7.20 **Cadfael**
9.00 **English Football League Highlights** Recent action.
10.30 **The Big Match Revisited**
12.30 PM **Made in Britain**
1.00 LIVE **Darts: UK Open** Pete Graves presents coverage of the opening session on day three from Butlin's Minehead, featuring the quarter-finals.
5.00 **Aussie Pickers**
6.00 **Junk & Disorderly**

7.00 Darts: UK Open

7.00 LIVE **Darts: UK Open** Pete Graves presents coverage of the concluding session on day three from Butlin's Minehead, featuring the semi-finals and final. Luke Littler was the victorious player here last year, first overcoming Jonny Clayton 11-6, and then overwhelming Josh Rock's last-four conqueror James Wade with an emphatic 11-2 victory in the showpiece match. It was the first time Littler had won this title, but it would be no surprise if the reigning world champion was involved in the final session once again.
11.00 **English Football League Highlights** Recent action.
12.30 AM **Black Sails** 3/8. Flint and Gates seek help. (S1)
1.30 **The Sweeney**
2.25 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

10.30 AM **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 LIVE **Sportscene: Scottish Cup Football** St Mirren v Partick Thistle: All the action from the quarter-final at the SMISA Stadium. Kick-off is at 7.30.
10.00 **Still Game** 6/6. The residents gather to watch the demolition of the Craiglang tower block. (S7)
10.30 **Scot Squad** 2/5. Singh and McKirdy find themselves hindered after accidentally losing their police car. (S8)
11.00 **Situationships with Sophie and Christine** 3/8. Sophie Gravia and Christine McGuinness offer relationship advice.
11.30 PM **to 12.00** M'T **The Sunday Show** The main issues from the world of politics.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
10.30 **Ballers** 5-8/10. (S3)
12.50 PM **Sex and the City**
4.00 **Community** (S1&2)
6.30 **The Office (US)** 8/19. Part two of two. Dwight pines over Angela. **7.00** 9/19. The Scranton branch is asked to take part in an advert. **7.30** 10/19. Karen tries to lure Stanley from the Scranton branch. **8.00** 11/19. Michael treks into the woods on a survival adventure. **8.30** 12/19. Kelly gives Pam a lesson in trash talking when Darryl beats Jim at table tennis. (S4)
9.00 **Micky Flanagan: If Ever We Needed It** A stand-up performance by the comedian.
10.15 **Dave Chappelle: Killin' Them Softly** Stand-up.
11.30 **Saturday Night Live**
12.55 AM **And Just Like That...** (S3&2)
3.05 **to 5.00** AM **Veep**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **The Wind in the Willows** Musical.
8.15 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
12.00 NOON **Landscape Artist of the Year**
2.00 PM **Celine Dion: Taking Chances World Tour**
4.00 **The Shadows: The Final Tour** A 2004 concert by the instrumental rock band.
7.00 **War Paint: Women at War** Exploring the work of female war artists.
9.00 FILM **The Manchurian Candidate** Suspense drama starring Frank Sinatra. (1962, b/w, 12, 126min) ★★★★★
11.30 **Opry Live** With Jordan Davis and Marcus King.
12.30 AM **Ella Fitzgerald: Just One of Those Things**
2.30 **Luther Vandross: Live at Wembley Arena**
4.15 **Discovering**
4.40 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Border Security USA**
10.00 **Caught on Dashcam**
12.00 NOON **Nothing to Declare** Double bill.
1.00 PM **Border Security: Canada's Front Line**
2.00 FILM **Royal-Ish** Drama. (2025, PG, 84min) ★★
3.50 **Wildest New Zealand**
4.55 **Animal Empires**
7.00 **Caught Red Handed** A violent robber returns to the scene of his crime. **7.40** An antiques thief steals expensive lamps. **8.20** Burglars ram a vehicle into a building.
9.00 **Rob & Romesh vs Restaurants: First Course** 1/2. The duo set out to open their own restaurant.
10.00 **Brassic** 4/6. (S2)
11.00 **Ricky Gervais: Politics**
12.30 AM **Caught on Dashcam**
1.30 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **In with a Shout** Game show hosted by Joel Dommett.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six new contestants the chance to take their place in the hot seat, and hopefully become the next million-pound winner.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.50 AM **Tenable** Quiz show hosted by Warwick Davis.
1.45 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Find It, Fix It, Flog It**
4.00 **A Place in the Sun** Four editions, including at: **7.00** A couple seek a holiday home in Lower Normandy, France.
8.00 **Bill Bailey's Vietnam** Bill travels down the Indochina peninsula.
9.00 **Gogglebox** Opinions on recent TV shows.
10.00 FILM **The Unlikely Pilgrimage of Harold Fry** Drama based on Rachel Joyce's novel, starring Jim Broadbent and Penelope Wilton. A pensioner embarks on a 500-mile trek to see a terminally ill former work colleague. (2023, 12, 108min) ★★★
12.05 AM **24 Hours in Police Custody: The Butcher of Suburbia** 1&2/2.
2.10 **Gogglebox**
3.10 **First Dates**
4.10 **to 5.00** AM **Kirstie and Phil's Love It or List It**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 FILM **Planetquake** Sci-fi adventure starring Erica Duke. (2024, PG, 85min) ★★
1.00 PM **Stargate SG-1** Five episodes, including at: **4.00** 6/22. The Goa'uld invade an alternative Earth. **5.00** 7/22. The team members are captured by an alien bounty hunter. (S3)
6.00 **Star Trek: Deep Space Nine** 11/26. Sisko finds himself at the mercy of Gul Dukat. (S6)

10.40 The Leftovers

7.00 **Star Trek: Deep Space Nine** *Who Mourns for Morn?* 12/26. Quark thinks he is about to inherit a fortune from Morn.
8.00 **Star Trek: Deep Space Nine** *Far Beyond the Stars:* 13/26. Sisko imagines he is a 1950s sci-fi writer encountering racism.
9.00 **Star Trek: Deep Space Nine** *One Little Ship:* 14/26. The Jem'Hadar take over the *Defiant*. **9.50** *Honour Among Thieves:* 15/26. O'Brien when he befriends a criminal contact. (S6)
10.40 **The Leftovers** *The Book of Kevin:* 1/8. As the seventh anniversary of the Sudden Departure approaches, Kevin does his best to forget that he died. (S3)
11.50 **The Leftovers** 2/8. Nora travels to St Louis to investigate a scam. (S3)
12.55 AM **The Leftovers** 3-5/8. (S3)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S10)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.00 PM **Shakespeare & Hathaway: Private Investigators** 7/10. Frank and Lu investigate a missing person case at a casino. **5.00** 8/10. Frank and Luella must work out what happened to an amnesiac. (S2)
6.00 **Father Brown** *The Scars of War:* Sullivan asks for help when Mrs Devine's son Eddie gets framed for murder.

7.00 Murdoch Mysteries

7.00 **Murdoch Mysteries** New episode *Sugar Plum Murdoch:* 9/21. Murdoch pursues a thief when a tiara is stolen. (S19)
8.00 **Father Brown** *The Battle of Kembleford:* A medieval murder is committed at a battle re-enactment.
9.00 **Death in Paradise** *Beyond the Shining Sea – Part Two:* 6/8. Tragedy strikes close to home for the team. (S8)
10.00 **NCIS: Sydney** *Snakes in the Grass:* 2/8. A navy compliance officer is found dead in a waterhole from a snakebite. (S1)
11.00 **Father Brown** As 8.00pm.
12.00 M'T **Traces** 6/6. While Kathy oversees the excavation of Marie's grave, Daniel gives McKinven the lead he needs to make an arrest. (S1)
1.00 AM **Murdoch Mysteries**
3.00 **to 4.00** AM **The Diplomat**

+1hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Only Fools and Horses**
8.20 **The Vicar of Dibley**
1.00 PM **The Vicar of Dibley** Nine episodes, including at: **5.00** The *Songs of Praise* crew visit Dibley to record a programme in the church. Guest stars Peter Capaldi **5.40** Geraldine is keen to invite a celebrity to open the autumn fair in style. Guest stars Kylie Minogue. **6.20** Geraldine is put in charge of raising funds to replace a damaged window.

7.00 The Vicar of Dibley

7.00 **The Vicar of Dibley** Geraldine clashes with David as local election fever hits the village. **7.40** Geraldine conducts a Sunday service for the animals of the village.
8.20 **Dad's Army** The platoon dress as firemen for an initiative exercise.
9.00 **The Royle Family** The Royles celebrate Antony's 18th birthday. **9.40** Jim and Nana fight over who is going to use the toilet first.
10.20 **Bottom Live** Stage version of the comedy series from 1993. Richie buys a blow-up doll.
12.45 AM **The Vicar of Dibley** First episode of Richard Curtis's comedy. The villagers of Dibley discover that their new vicar is a woman.
1.25 **The Vicar of Dibley**
2.45 **to 4.00** AM **The Royle Family**

+1hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Dave Gorman: Modern Life Is Goodish**
8.00 **Storage Hunters UK**
9.00 **Border Force: America's Gatekeepers** Double bill.
11.00 **Top Gear** Double bill.
1.00 PM **Richard Osman's House of Games** Double bill.
2.20 **Hairy Bikers' Best of British**
4.25 **Robson Green's Weekend Escapes** With Les Ferdinand.
5.00 **Turkey with Simon Reeve**
6.00 **Cornwall with Simon Reeve** 1/2. The impact of Covid-19 on Cornwall's tourist industry.

6.00 Cornwall with Simon Reeve

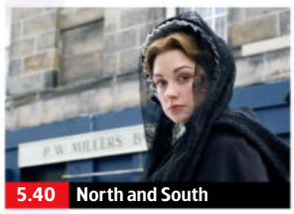
7.00 **Special Ops: To Catch a Criminal** A Major Crime Unit investigate a tragic murder committed on the eve of Valentine's Day.
8.00 **Will & Ralf Should Know Better** Ralf takes Will back to school, while Will challenges Ralf to an uphill tandem ride.
9.00 **Have I Got a Bit More News for You** Richard Ayoade hosts the satirical quiz, with guests Jack Dee and Kelly Cates.
10.00 **QI** With Aisling Bea, Cally Beaton and Holly Walsh.
10.40 **Mock the Week: The History Of...** Last-ever episode of the topical comedy panel show hosted by Dara O Briain.
11.20 **Mock the Week**
12.00 M'T **Live at the Apollo**
1.00 AM **Have I Got a Bit More News for You** As 9.00pm.
2.00 **to 4.00** AM **Schitt's Creek**

+1hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **The Bill** Five episodes.
11.50 **Call the Midwife** (S6)
2.25 PM **Catherine Cookson's Colour Blind** Feature-length drama starring Niamh Cusack and Tony Armatrading.
5.40 **North and South** 1/4. Adaptation of Elizabeth Gaskell's novel following the fortunes of Margaret Hale, a privileged middle-class southerner who is forced to settle in the north. Stars Daniela Denby-Ashe and Lesley Manville. (S1)


5.40 North and South

7 PM — **7.00** **North and South** 2/4. Thornton's family question Margaret's intentions when she intervenes in a dispute, while her mother's health deteriorates. (S1)
8 PM — **8.20** **Sister Boniface Mysteries** *And Then There Were Nun:* 8/8. Sister Helena is found dead in the chapel having been bludgeoned over the head. (S4)
9 PM — **9.20** **Silent Witness** *One of Our Own:* The team help find the killer of a police officer found beaten and shot – and suspicion quickly falls on the son of a local crime boss. Guest stars Jason Watkins.
10 PM — **11.35** **New Tricks** *Creative Problem Solving:* Jack investigates when a diamond is stolen.
12.35 AM **Call the Midwife** 1/9. Nonnatus House comes under new management. (S6)
1.55 **A Small Light** 6/8. (S1)
3.00 **to 4.00** AM **Art Detectives**

+1hour 243 316 60 260

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Murder, She Wrote**
12.10 PM **Blue Bloods** (S7)
5.00 **Law & Order: Criminal Intent** *Albatross:* 13/22. A New York mayoral candidate's husband is suspected of murder. **6.00** *Flipped:* 14/22. Logan and Wheeler team up with a reluctant detective to investigate the murder of a rapper. **7.00** *Brother's Keeper:* 15/22. A preacher's wife is found dead. Guest stars Tom Arnold. **8.00** *30:* 16/22. Logan makes a pledge to a dying friend. **9.00** *Tru Love:* 2/22. A womanising plastic surgeon's death is investigated. (S6)
10.00 **Law & Order: Special Victims Unit** (S22&21)
1.45 AM **Law & Order: Criminal Intent** (S5)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Car Pound Cops**
8.30 **Dirty Home Rescue**
9.30 **Home and Away**
10.00 **Shoplifters: Caught Red Handed** Triple bill.
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions, including at: **8.00** The team deal with a knife-wielding man on New Year's Eve.
9.00 **Faking It** Volunteers try and master a new skill to convince experts they're the real deal.
10.15 **Peeping Tom: The Landlord & His Secret Cameras** Documentary examining how one man secretly filmed dozens of women.
11.45 **Murdered at First Sight**
12.45 AM **My Lover, My Killer**
1.40 **Skin A&E** Documentary.
2.30 **Plastic Surgery Knifemares**
3.15 **Eggheads** Quiz show.
3.40 **to 4.00** AM **Cops**

+1hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Winter Road Rescue**
9.40 **Trucking Hell**
10.45 **Outback Truckers**
3.45 PM FILM **El Dorado** Western starring John Wayne, Robert Mitchum and James Caan. (1966, PG, 126min) ★★★★
6.20 FILM **Rio Lobo** Director Howard Hawks' western adventure starring John Wayne. (1970, PG, 110min) ★★★
9.00 FILM **Brannigan** Crime thriller starring John Wayne as a hardened Chicago cop who pursues a fleeing gangster to London. With Judy Geeson. (1975, 15, 111min) ★★★
11.10 **Extreme Tow Truckers** Clayton's Towing take on a mammoth shift to recover a B-double.
12.10 AM **Extreme Tow Truckers** Triple bill.
3.05 **to 4.00** AM **Mud Mountain Haulers**

U&W

132/133 131/133 125 25 156 28

6.20 AM **My Family**
10.00 **Tipping Point**
1.00 PM **The Supervet: Noel Fitzpatrick**
4.00 **The Supervet: Puppy Special**
5.00 **The Supervet: Noel Fitzpatrick**
6.00 **Inside the Ambulance**
8.00 **Inside the Operating Theatre** Dr Fox's fiancée Sally has her wisdom teeth removed. **9.00** A patient has urgent surgery to repair a detached retina.
10.00 **The Young Midwives of Essex** The preceptorship midwives undergo bereavement training.
11.00 **Nurses Down Under**
12.00 M'T **Louis Theroux: Transgender Kids**
1.00 AM **Louis Theroux: Law & Disorder in Johannesburg**
2.00 **to 3.00** AM **Michael McIntyre's The Wheel**

+1hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Coastal Railway Journeys**
8.00 **Canal Boat Diaries**
10.00 **Man and Beast with Martin Clunes**
12.00 NOON **Planet Earth II**
7.00 **Motorhoming with Merton & Webster** Paul Merton and his wife Suki Webster explore the UK, starting in Canterbury. **8.00** Paul and Suki visit the Lake District.
9.00 **Classic Car Kings** Irv helps a collector with a bunch of rusted panels and the dream of a showroom-quality car.
10.00 **Bangers & Cash** Derek is charmed by a 1929 Rolls Royce Phantom with an unusual history. **11.00** Dave heads to Bolton to pick up an Italian sports car – a Lancia Fulvia 1.3 Sport.
12.00 M'T **to 3.00** AM **Bangers & Cash**

+1hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Margate.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **Escape to the Country**
1.00 PM **My Lottery Dream Home** Four editions.
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
9.00 **Long Lost Family** A woman brought up by adoptive parents looks for her birth family.
10.00 **Who Do You Think You Are?** Actor Anna Maxwell Martin learns about her family tree.
11.00 **Help! My House Is Haunted** A family in Scotland are haunted by a 'Grey Lady' in Greenlaw Mansion.
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1hour 242 365

Great! TV

157 167 170 34 32

8.00 AM **Home to Roost**
8.30 **The Waltons**
1.30 PM **The Waltons** Five episodes, including at: **5.30** *The Fledgling:* 24/25. John-Boy plans to start his own newspaper. (S4)
6.30 **FILM Murder by Decree** Chiller with Christopher Plummer and James Mason. Sherlock Holmes investigates the case of Jack the Ripper. (1978, 12, 112min) ★★★★
9.00 **FILM Highlander** Sci-fi action thriller about a small group of immortal warriors destined to battle through the centuries. Stars Christopher Lambert and Sean Connery. (1986, 15, 111 min) ★★★★
11.25 **M*A*S*H** 9-12/24. (S2)
1.25 AM **Home to Roost**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.10 AM **Tombstone Territory**
10.40 **FILM The Last Days of Frank and Jesse James** Western. (1985, PG, 99min) ★★★★
12.55 PM **FILM The Doolins of Oklahoma** Western. (1949, b/w, U) ★★
3.00 **FILM Two Rode Together** Western. (1961, PG, 109min) ★★★
5.20 **FILM Death of a Gunfighter** Western. (1969, PG, 100min) ★★
7.25 **FILM A Time for Killing** Western. (1968, 15) ★★
9.20 **FILM Ulzana's Raid** Western starring Burt Lancaster. (1972, 15, 103min) ★★★★
11.35 **FILM Driven** Thriller. (2018, 15, 113min) ★★★
1.55 AM **FILM The Shanghai Job** Action thriller. (2017, 15, 95min) ★★
3.40 **FILM Jetstream** Thriller. (2012, 12, 88min) ★★
5.00 **to 6.00** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **FILM Martha's Vineyard Mysteries: Riddled with Deceit** Drama starring Jesse Metcalfe and Sarah Lind. (2020, PG, 85min) ★★
11.00 **Murder, She Wrote** Ten episodes of the mystery.
9.00 PM **FILM An Aurora Teagarden Mystery: Last Scene Alive** Drama with Candace Cameron Bure and Robin Dunne. (2018, PG, 90min) ★★
10.55 **FILM Lost Letter Mysteries: The Impossible Dream** Drama with Eric Mabius. (2015, PG, 86min) ★★
12.50 AM **FILM 911 Nightmare** Thriller. (2015, 15, 95min) ★★
2.35 **FILM Web of Lies** Mystery thriller. (2009, 12, 90min) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.00 AM **FILM Fashionably in Love** Romantic comedy. (2023, PG, 87min) ★★
10.10 **FILM Taking the Reins** Comedy. (2021, PG) ★★
12.00 NOON **FILM Shifting Gears** Romantic drama. (2024, U, 90min) ★★
1.50 PM **FILM Right in Front of Me** Romantic comedy. (2021, PG, 84min) ★★
3.45 **FILM Sweet Pecan Summer** Romance. (2021, PG, 84min) ★★
5.40 **FILM A Lifelong Love** Drama. (2023, U) ★★
7.35 **FILM Home for Harvest** Romantic drama. (2019, PG, 90min) ★★
9.30 **FILM Love, Classified** Drama. (2022, PG) ★★
11.30 **FILM Maggie's Christmas Miracle** Drama. (2017, U) ★★
1.25 AM **FILM Right in Front of Me** As 1.50pm.
3.10 **to 5.00** AM **FILM Fashionably in Love**

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Country House Auction** Four editions.
4.00 PM **FILM Eagles Over London** Spy drama. (1969, PG, 110min) ★★
6.15 **FILM You Can't Win 'em All** Adventure starring Tony Curtis. (1970, PG, 95min) ★★
8.15 **FILM Death Race 2000** Darkly comic sci-fi action thriller starring David Carradine and Sylvester Stallone. (1975, 15, 90min) ★★★
10.00 **FILM Hussy** Crime drama starring Helen Mirren and John Shea. (1979, 18, 94min) ★★
12.00 M'T **FILM Sex and the Other Woman** Comedy anthology starring Bartlett Mullins. (1972, 18, 105min) ★★
1.45 AM **FILM Eagles Over London** As 4.00pm.
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 141

6.00 AM **Hank the Cowboy**
6.30 **Sherlock Holmes**
7.30 **The Gaffer** 4&5/6. (S1)
8.30 **The Fenn Street Gang**
9.30 **Bubblegum & Cheese**
10.30 **Press Gang** (S1)
11.30 **That's My Dog**
12.00 NOON **The Champions**
2.00 PM **Boon** 8/13. (S3)
3.05 **Wish Me Luck** (S3)
5.15 **The Gaffer** (S1)
6.15 **Agony** 4&5/6. (S1)
7.15 **The Fenn Street Gang**
8.15 **Boon** *Peacemaker:* 8/13. Margaret trails a runaway rock star. (S3)
9.20 **McCallum** Drama.
10.25 **FILM Flesh for Frankenstein** Gory horror comedy. (1973, 18, 90min) ★★★
12.20 AM **London in the Raw**
1.50 **Stereo Underground**
2.50 **Mysterious Tales**
2.55 **McCallum** Drama.
4.00 **Bubblegum & Cheese**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

158 151 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Cooper's Treasure**
4.00 PM **Expedition Unknown** Five editions of the series, including at: **7.00** Josh Gates sets off deep into the Australian Outback. **8.00** A trek along the stone-paved Inca Trail.
9.00 **Cooper's Treasure** Darrell Miklos searches for another shipwreck. **10.00** A letter in Gordon's files details a wreck connected to Sir Francis Drake.
11.00 **Expedition X** Alleged paranormal activity at Lake Superior. **12.00** M'T Jess and Phil venture into the Ozarks. **1.00** AM Jess and Phil search whitewater rapids for a legendary beast.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food**
12.00 NOON **Adam Richman Eats Italy** Double bill.
1.00 PM **James Martin's French Adventure**
3.00 **Great British Bake Off** Noel Fielding and Matt Lucas host Bread Week. **4.30** The competition starts to heat up during Chocolate Week. **6.00** Pastry Week. **7.30** Noel Fielding and Matt Lucas host the first ever Japanese Week.
9.00 **Hairy Bikers' Mississippi Adventure** The duo explore the food and music of the American South. **10.00** The duo head to New Orleans.
11.00 **James Martin's French Adventure** Double bill.
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **FILM The Legend of Butch and Sundance** Western. (2004, PG, 87min) ★★
9.00 **The A-Team** (S4&5)
2.00 PM **FILM Thunder in the Sun** Western. (1958, U, 81 min) ★★
3.45 **FILM The Professionals** Western adventure with Burt Lancaster. (1966, PG, 117min) ★★★★
6.00 **FILM Angel and the Bad Man** Western with Lou Diamond Phillips. (2009, PG, 95min) ★★
8.00 **The Twilight Zone** (S5)
9.00 **FILM Zero Dark Thirty** Kathryn Bigelow's fact-based drama with Jessica Chastain. (2012, 15, 157min) ★★★★★
12.10 AM **FILM D.O.A** Thriller starring Dennis Quaid. (1988, 15, 93min) ★★
2.15 **to 4.30** AM **FILM Out of Sight** Offbeat romantic thriller. (1998, 15, 122min) ★★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **FILM Alien Convergence** Thriller. (2017, 15, 90min) ★★
12.00 NOON **FILM Instrument of War** Wartime drama. (2017, 12, 90min) ★★
2.00 PM **FILM San Andreas Mega Quake** Thriller. (2019, 12, 87min) ★★
4.00 **The Fall Guy** (S2)
9.00 **FILM Moby Dick** Epic adventure starring Gregory Peck. (1956, PG, 116min) ★★★★
11.15 **FILM Assault on Station 33** Thriller with Sean Patrick Flanery. (2021, 15, 125min) ★★
1.20 AM **FILM Standoff** Thriller with Thomas Jane and Laurence Fishburne. (2015, 15, 92min) ★★★
3.05 **FILM Double Dragon** Martial arts adventure. (1994, 12, 91min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Road Wars**
6.45 **Rust Valley Restorers**
7.30 **Junk & Disorderly**
10.10 **Flipping Bangers**
11.10 **Pawn Stars** Triple bill.
2.05 PM **Auction Hunters**
4.05 **Storage Wars**
6.00 **The Curse of Oak Island**
7.00 **Secrets in the Ice** Great mysteries regarding prehistoric warfare. **8.00** The lost legacy of the Donner Party.
9.00 **Death Coast** Jeff MacKinnon's team battle thick kelp, brutal currents and a looming storm.
10.00 **Secrets of the Lost Liners** The design, service and loss of the *Achille Lauro*, a ship which suffered two serious collisions.
11.00 **Paranormal: Caught on Camera** Double bill.
1.00 AM **The Proof Is Out There** Triple bill.
4.00 **to 6.00** AM **Irish Pickers**

5SELECT

153 166 138 46 133 30

9.00 AM **Abandoned Engineering** Double bill.
11.00 **Columbo** Five episodes of the drama, including at: **5.00** PM *Columbo Goes to College:* Two students murder their professor and cover their tracks with false clues. **7.00** *Make Me a Perfect Murder:* A TV executive's assistant responds to being denied a promotion by killing her boss.
9.00 **1968: Those Were the Days** Controversies and scandals in TV, film, music and politics.
11.00 **Taggart** *The Hit Man:* The detective tries to defend a friend recently released from prison when a series of shootings puts him in the frame for murder.
1.45 AM **James May's Great Explorers**
3.10 **to 4.00** AM **Jane McDonald: Lost in Japan**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Dickinson's Real Deal**
11.00 **Blockbusters**
12.00 NOON **Catchphrase Celebrity Special**
1.00 PM **Tenable** Quiz show.
2.00 **Lily Savage's Blankety Blank** Triple bill.
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** With Sarah Willingham, Shaun Ryder, Eddie Edwards and Michelle Dewberry. **6.00** Katherine Ryan, George Shelley, Bobby Davro and Faye Brookes compete for charity.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** Dan Lobb, Jennie McAlpine, Chris Packham and Jodie Prenger take part.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Chase Celebrity...**
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **The Big Bang Theory**
1.00 PM **The Big Bang Theory** Fourteen episodes, including at: **7.30** 5/23. Sheldon faces his arch-enemy. (S3)
8.00 **Georgie and Mandy's First Marriage** New episodes 15/22. Georgie helps Connor impress his new crush. **8.30** 16/22. The duo disagree about having another child. (S1)
9.00 **Mock the Week** New edition Topical comedy panel show hosted by Dara O Briain.
10.00 **Mock the Week**
11.00 **Guz Khan's Custom Cars**
12.00 M'T **Young Sheldon**
12.30 AM **Dr Pimple Popper**
1.30 **Say Yes to the Dress: Atlanta** Reality series.
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Impractical Jokers**
10.00 **Friends** (S3&4)
2.00 PM **FILM Beethoven** Family canine comedy. (1992, U, 87min) ★★★
3.40 **Friends** 6-13/24. (S4)
7.55 **Friends** 14/24. Guest stars Charlton Heston. **8.30** 15/24. Chandler's old flame turns up out of the blue. (S4)
9.00 **FILM R.I.P.D** Action comedy with Jeff Bridges and Ryan Reynolds. (2013, 12, 96min) ★★★
10.55 **8 Out of 10 Cats Uncut**
12.35 AM **Whose Line Is It Anyway? USA**
1.05 **Jack Dee: So What?**
2.05 **Lee Evans: Big – Live at The O2** Stand-up.
3.05 **Iain Stirling's Roast the Internet**
3.50 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S4)
7.00 **Teleshopping**
9.00 **Friends** (S4)
9.30 **Everybody Loves Raymond** (S4)
12.30 PM **Criminally Funny**
2.00 **Friends** (S4)
3.30 **Criminally Funny**
9.00 **Friends** 10/24. Ross embarks on a long-distance relationship. **9.30** 12/24. Phoebe learns the result of her pregnancy test. **10.00** 13/24. Rachel develops a crush. **10.30** 14/24. Charlton Heston discovers Joey in a compromising position. **11.00** 16/24. Rachel organises a farewell party for Emily. (S4)
11.30 **Friends** (S4)
2.00 AM **New Girl** (S3)
3.00 **The Daily Show**
4.50 **South Park** (S13)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s**
8.20 **On the Buses** (S1&2)
9.20 **Some Mothers Do 'Ave 'Em** 1-6/6. (S2)
1.10 PM **Man About the House** (S3,4&5)
5.50 **Minder** 1&2/11. (S1)
7.55 **Minder** 5/6. Arthur's safe is targeted by an old acquaintance. (S7)
9.00 **Benidorm** 3/7. Liam decides he has fallen in love with Bianca. (S6)
10.00 **Shameless** 8/16. Frank meets a beautiful stranger on the bus. (S5)
11.00 **Man About the House**
11.30 **Rising Damp** 1/8. (S2)
12.05 AM **Benidorm** 3/7. (S6)
1.05 **Minder** 7/11. (S1)
2.05 **Till Death Us Do Part**
2.40 **Man About the House**
3.00 **Duty Free** 3/7. (S2)
3.25 **The Osbournes**
3.50 **That's 60s**
4.00 **Nearest and Dearest**
4.50 **to 6.00** AM **The Yorkshire Steam Railway: All Aboard**

MTV

126/127 137 134 351 366

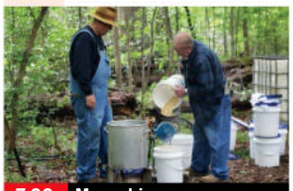
6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **16 and Pregnant**
1.00 PM **Catfish: Firsts**
2.00 **Catfish: The TV Show**
3.00 **Catfish: Scammed**
4.00 **Catfish: The TV Show**
5.00 **Catfish: Fiendish Friends**
6.00 **Catfish: The TV Show**
9.00 **Teen Mom UK: Next Generation** Amelia confronts Aaron about money, and Whitney tackles potty training for the first time.
10.00 **Tattoo Fixers** The team help a customer whose tattoo of her grandma went wrong.
11.00 **Ink Master: Angels**
12.00 M'T **Help! I'm in a Secret Relationship!**
1.00 AM **Caught in the Act: Unfaithful** Suspicion falls on Derek and his motives.
2.00 **Black Ink Crew New York** Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers**
12.00 NOON **Alaska: Homestead Rescue** The Raneys rush to help a family in need. **1.00** PM A Kentucky homestead built in a ghost town drowns in floods. **3.00** A rift threatens an extended family on their overcrowded homestead. **5.00** A young couple struggle to keep their homestead afloat in torrential Texas weather, while the Raneys race to save the rain-hit cabin and livestock shelters.



7.00 Moonshiners

7.00 Moonshiners New edition When Mark and Huck's shine vanishes, the hunt for culprits sparks revenge.

8.00 NEW SERIES **Moonshiners: Master Distiller** A trio of distillers compete to make pure vodka.

9.00 Barnwood Builders Mark and the team return to Texas to build a gigantic party barn out of an old timber frame.

10.00 Wheeler Dealers Mike finds a rare Land Rover Series 1, which becomes a complicated and expensive restoration.

11.00 Kindig Customs Dave tackles an Oldsmobile.
12.00 M'T **Overhaulin'** A former singer's son wants him to get the metal makeover his Stingray deserves.
1.00 AM **Overhaulin'** Double bill.
3.00 to 5.00 AM **Street Outlaws: Memphis**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 Crikey! It's the Irwins
10.00 Lone Star Law
11.00 Dr Jeff: Rocky Mountain Vet
1.00 PM **Pit Bulls & Parolees**
3.00 My Cat from Hell A cat that attacks its owner's boyfriend. **4.00** Jackson Galaxy helps the owners of a feline glutton.
5.00 Treehouse Masters Pete Nelson is in New York's Catskill Mountains to construct a glasshouse in the sky.
6.00 Wild Mexico A look at the diverse wildlife of the country.

8.00 Little Giants

7.00 How Do Animals Do That? How one fish is blowing scientists away. **7.30** How a fish makes a weapon out of water.

8.00 Little Giants Searching for the sugar glider in southern California. **8.30** The team search for the Cape mole-rat.

9.00 Alaskan Bush People Billy's dream of achieving a self-sustaining lifestyle is tested as the Browns face their biggest project yet.

10.00 Tanked The team take on the difficult task of transforming actor Tracy Morgan's pool house into a shark aquarium.

11.00 Alaska: The Last Frontier Eve and Jane go out hunting.
12.00 M'T **Fish or Die** The guys search for a ferocious salmon.
1.00 AM **Great White Abyss**
2.00 The Haunted
3.00 Shark Lockdown
4.00 to 5.00 AM **How Do Animals Do That?**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Ice Road Rescue**
10.00 Yukon Rescue
11.00 Top Guns: The Next Generation Double bill.
1.00 PM **Air Crash Investigation**
3.00 Inside Melbourne Airport An assistance dog makes his final flight before he retires. **4.00** Weapons concealed in luggage test airport security. **5.00** An airport visitor faces an unexpected mishap.
6.00 Air Crash Investigation A plane loses both engines just moments after take-off.

3.00 Inside Melbourne Airport

7.00 Air Crash Investigation Investigating the second fatal crash involving the Boeing 737 MAX 8 in the space of five months.

8.00 Hitler's Death Army: Das Reich Documentary about elite German soldiers who perpetrated huge massacres on the Eastern Front in the last year of World War Two.

10.00 The Battle for Britain: Drain the Oceans Focusing on wrecks of planes and ships from the Battle of Britain.

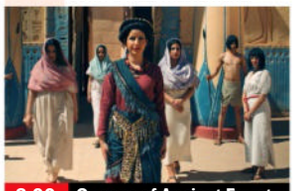
11.00 Hindenburg: The New Evidence Recovered film footage provides fresh insight into the *Zeppelin* crash.
12.00 M'T **Air Crash Investigation** A collision between a passenger plane and a private aircraft.
1.00 AM **Construction Fails**
3.00 to 5.00 AM **Strangest Things**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Britain's X Files**
7.00 Evidence of the Unexplained
8.00 Hannibal: A March on Rome
9.00 Gold Wars Downunder
11.00 Pawn Stars Triple bill.
1.30 PM **The Lost Women Spies** The fate of Britain's female agents sent to the frontline. **2.35** The story of World War Two spymistress Vera Atkins. **3.40** Disloyalty within the Special Operations Executive. **4.45** Vera's post-war efforts. **5.50** How Vera Atkins hunted down a Nazi mastermind.



8.00 Queens of Ancient Egypt

6.55 The Lost Women Spies How, amid demands for accountability, spymistress Vera Atkins confronted uncomfortable truths.

8.00 Queens of Ancient Egypt The lives of Ancient Egyptian queens who have shaped history, starting with Queen Tiye.

9.00 Queens of Ancient Egypt The shocking story of two other Cleopatras who ruled Egypt jointly with Ptolemy VIII.

10.00 Queens of Ancient Egypt The story of Cleopatra Selene, the little-known daughter of Antony and Cleopatra.

11.00 History's Deadliest with Ving Rhames A look back at history's deadliest explosions.
12.00 M'T **Mysteries Unearthed with Danny Trejo** How America's greatest treasures can turn up in the most unlikely places.
1.00 AM **The UnBelievable with Dan Aykroyd** Freak accidents.
2.00 to 6.00 AM **Close Encounters Down Under**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Glenn Close**
7.00 Discovering: Kate Winslet
8.00 The Directors
9.00 Mrs Robinson
11.00 Quant
12.50 PM **My Icon: Kadeen Corbin**
1.00 Bardot A look at the life and career of actor Brigitte Bardot.
3.00 Elizabeth Taylor: The Lost Tapes A profile of the actor told through audio tapes discovered in the archive of journalist Richard Meryman
5.00 I Am Jackie O A profile of Jackie Kennedy Onassis.

9.00 Becoming Madonna

6.45 Tina A celebration of Tina Turner's life and career, featuring contributions from the Grammy Award-winning artist, as well as Angela Bassett and Oprah Winfrey.

9.00 Becoming Madonna Documentary charting Madonna's rise to stardom, drawing from a cache of recently uncovered audio tapes in which the singer reflected on her life and career.

11.00 FILM **Amy** Asif Kapadia's documentary portrait of singer-songwriter Amy Winehouse. (2015, 15, 128min) ★★★★
1.30 AM **Nothing Compares** The story of Sinéad O'Connor's rise to worldwide fame.
3.30 The Unbreakable Tatiana Suarez Documentary about the mixed martial artist.
5.00 to 6.00 AM **The Directors**

Sunday

7 PM 8 PM 9 PM 10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Find It, Fix It, Flog It**
9.00 Antiques Road Trip
2.00 PM **The Repair Shop**
5.00 The Yorkshire Auction House Double bill.
7.00 Celebrity Yorkshire Auction House
8.00 The Repair Shop Leather expert Suzie undertakes the repair of a treasured toy horse. **9.00** The team repair a puppet, a cornet, a chair and a notebook. **10.00** Mechanical expert Steve takes on an ornate clock. **11.00** The team restore a cast-iron gate, a watch and an arcade game. **12.00** M'T Experts restore a rocking chair and a cowbell collar.
1.00 AM **Massive Engineering Mistakes**
2.00 Destroyed in Seconds
4.00 to 5.00 AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 FBI Files Double bill.
11.00 Faking It: Tears of a Crime Ian Stewart.
12.00 NOON **FBI Files**
3.00 PM **American Detective with Lt Joe Kenda**
7.00 American Detective with Lt Joe Kenda The battle to bring justice to a community gripped by fear. **8.00** A couple are killed in their bedroom in a Maryland town.
9.00 A Killer's Mistake When Alice Ruggles is found dead in her flat, detectives uncover a tale of obsession.
10.00 Evil Lives Here Stories of people who discovered they lived with a killer.
11.00 Faking It: Tears of a Crime Russell Williams.
12.00 M'T **American Monster**
2.00 to 4.00 AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 Forensic Factor A retired fireman notices a burning bundle in a farmer's field and recognises the smell of burning human flesh. **7.00** The 1996 Summer Olympics in Atlanta are rocked by a massive pipe bomb explosion. **8.00** Near Hamilton, Ontario, a jogger makes a gruesome discovery.
9.00 Murder UK At 15, James Fairweather, obsessed with murder, turned fantasies into reality.
10.00 Secrets of a Murder Detective The case of Rosina Coleman.
11.00 Fatal Fall: Murder or Accident? Carol Hickok.
12.00 M'T **Britain's Almost Perfect Murders**
1.00 AM **Forensic Factor**
4.00 to 6.00 AM **Judge Judy**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
10.45 Teleshopping
11.00 Medical Detectives
12.00 NOON **48 Hours**
2.00 PM **Murder by the Sea** Investigating the case of Charlotte Pinkey. **3.00** A Bournemouth hotelier gets away with killing his wife in 1982.
4.00 Murder: Point of Contact When Zainab Begum vanished in 2004, her daughter Samina grew suspicious when her brothers-in-law showed little concern. **5.00** The 2017 case of 15-year-old Kyron Webb, who was fatally stabbed in Manchester by two masked youths.
6.00 Judge Judy Back-to-back real-life small-claims cases.
2.00 AM **Murder: Point of Contact** Double bill.
4.00 to 6.00 AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **A1: Britain's Longest Road** Triple bill.
9.00 Caught on Dashcam
10.00 Police 24/7
12.00 NOON **Forensics: Catching the Killer**
1.00 PM **World's Most Evil Killers** Double bill.
3.00 Killer in My Village
5.00 Britain's Most Evil Killers Triple bill.
8.00 Murder Uncut
9.00 World's Most Notorious Killers New edition
10.40 Mommy Dead and Dearest: The Story of Dee Dee The murder of Dee Dee Blanchard.
12.20 AM **Murdered at First Sight** Ron Browning.
1.25 Killer in My Village
2.30 The Real CSI: Miami
3.30 World's Most Evil Killers Judy Buenoano.
4.30 Highway Cops
5.00 to 6.00 AM **Brit Cops: Rapid Response**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 Cleopatra 1&2/2.
10.30 Cleopatra: Portrait of a Killer Documentary.
11.45 Egypt's Lost Queens
1.00 PM **Cleopatra**
2.55 Cleopatra: Portrait of a Killer Documentary.
4.15 Egypt's Lost Queens
5.30 The Last Days of Anne Boleyn Documentary.
6.50 Agatha Christie: 100 Years of Poirot & Miss Marple Documentary.
8.20 Agatha Christie's England Places that inspired the writer.
9.20 The Remarkable Miss North The story of how Victorian rebel Marianne North changed the face of botanical research.
10.40 Hidden Letters
12.00 M'T **Agatha Christie: 100 Years of Poirot & Miss Marple**
1.30 to 2.00 AM **Weathered: Earth's Extremes**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Aussie Snake Wranglers: Deadly Pursuit** Triple bill.
9.00 **Nature's Dress Code: Who Wears What and Why?**
10.00 **Monkeys and More: Our Closest Relatives**
11.00 **Wild Canary Islands**
12.00 NOON **Accidental Wilderness: Europe's Everglades**
1.00 PM **Becoming Elephant: The Orphans of Reteti**
3.00 **Wild Battlegrounds**
4.00 **Leopard Dynasty: The Rise of Rana** Documentary.
5.00 **My Best Friend's an Animal** New edition Documentary.
6.00 **Extraordinary Animals** New editions Double bill.
7.00 **David Attenborough's Kingdom of Plants**
10.00 **Shark: British Isles Special**
11.00 **My Best Friend's an Animal**
12.00 M'T **Extraordinary Animals**
1.00 AM **Wild Fighters**
3.00 **Monkeys and More: Our Closest Relatives**
4.00 **Wild Canary Islands**
5.00 **to 6.00** AM **Accidental Wilderness: Europe's...**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Combat Trains**
9.00 **Combat Ships**
10.00 **Commando Missions**
11.00 **Instruments of Death**
1.00 PM **Al Murray: Why Do the Brits Win Every War?**
2.00 **Ancient Aliens** Double bill.
4.00 **Life After People**
7.00 **Behind History** An in-depth look at key historical moments.
8.00 **Forbidden History** How the Nazis controlled the will of German people at large.
9.00 **Secrets in the Dark** In the Burnt City of Shahre Sukhteh, Iran, archaeologists uncover a remarkable discovery.
10.00 **Royal Autopsy** 2/2. Alice Roberts revisits the death of Queen Elizabeth I.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Dark Marvels: Killing Machines** Documentary.
2.00 **Inside the Tower of London**
3.00 **Cracking the Code**
4.00 **Mission Unexplained**
5.00 **to 6.00** AM **Full Custom Garage**

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How Do They Do It?**
12.30 PM **How It's Made: Dream Cars**
2.00 **Incredible Engineering Blunders: Fixed** Double bill.
4.00 **How the Universe Works**
6.00 **How It's Made** Four editions of the series, including at: **7.30** A look at how dumplings and brass faucets are made.
8.00 **Mysteries of the Deep** Jeremy Wade explores a revolutionary technique that could identify the Loch Ness Monster. **9.00** Jeremy explores the mystery behind the infamous giant squid.
10.00 **Houdini's Last Secrets** Experts recreate Houdini's buried alive escape stunt.
11.00 **Super Factories: Food Edition**
12.00 M'T **How the Universe Works**
2.00 AM **NASA's Unexplained Files**
4.00 **How Do They Do It?**
4.30 **to 6.00** AM **How It's Made: Dream Cars**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **Murdertown**
8.00 **Nightmare in Suburbia**
10.00 **When Missing Turns to Murder**
12.00 NOON **Rob Rinder's Interrogation Secrets**
2.00 PM **Cops Gone Bad with Will Mellor** Double bill.
4.00 **City Confidential**
8.00 **Murder at the Motel**
9.00 **Cold Case Files** New edition Police suspect a stabbing was the work of a professional killer. **10.00** The story of the brutal killing of a 20-year-old woman in rural Pennsylvania. **11.00** In 1979, Susan Schwarz is found shot in her apartment.
12.00 M'T **Murder on Trial**
1.00 AM **Cold Case Files**
2.00 **Ross Kemp: Lost Boys, Deadly Men** New edition Examining media claims that Andrew Tate's content drove Kyle Clifford to commit the 2024 Hunt murders, despite evidence that the attack was planned weeks earlier.
3.00 **Somebody's Hiding Something**
4.00 **to 6.00** AM **Motive to Murder**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
10.00 **Close Encounters of the Wild Kind** Triple bill of editions.
1.00 PM **Yellowstone: Life in Extremes** Documentary.
2.00 **Peru's Wild Kingdom**
3.00 **Yukon Vet: Oakley Women Don't Horse Around**
4.00 **Secrets of the Zoo: Leading Ladies** Documentary.
5.00 **Secrets of the Zoo: Small But Mighty** Documentary.
6.00 **Critter Fixers: Country Vets** New edition The vets inspire hope for the owners of an elderly dog with a tumour.
7.00 **An Elephant's World**
8.00 **NEW Ghost Elephants** Naturalist Steve Boyes searches for what he believes to be an undiscovered species of African elephant. *See feature, page 21.*
10.00 **Queens** Documentary.
11.00 **Snakes in the City**
12.00 M'T **Life Below Zero: First Alaskans** Double bill.
2.00 AM **Last of the Giants: Wild Fish** Double bill of editions.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181

7.00 AM **Shed and Buried**
9.00 **HMS Ark Royal**
11.00 **Bullet Points**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Triple bill.
6.00 **Blowing Up History** Experts use cutting-edge technology to investigate a lost city buried in the Sahara. **7.00** A look at the destruction of the town of Herculaneum by the same eruption of Mount Vesuvius that wiped out Pompeii in 79 AD. **8.00** New discoveries reveal who the Roman Empire were trying to keep out with the 72-mile-long Hadrian's Wall.
9.00 **Salvage Hunters: The Restorers** French polisher Alex restores a huge clock. **10.00** Metal worker Ted works on a rusty railway signal light. **11.00** Ted revamps a 19th-century Parisian streetlight.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Expedition with Steve Backshall** Four editions.
1.00 PM **Expedition with Steve Backshall** Eight editions of the series, including at: **5.00** The naturalist leads an expedition into an unexplored desert canyon. **6.00** Steve and a team of kayakers go to the Himalayas. **7.00** Steve and a team of rock climbers attempt a steep ascent in southern Oman. **8.00** Steve and the team head into the heart of Borneo, where a remote mountain range contains caves with secrets.
9.00 **Secret Army** *Lucky Piece:* 3/13. Lifeline deal with a special agent and a Polish engineer. **10.10** *Trapped:* 4/13. Monique is shot on the French side of the border, leading to the discovery that her papers are false. **11.20** *Not According to Plan:* 5/13. The Belgian communists try to take over Lifeline. (S2)
12.30 **to 6.00** AM **Secret Army**

+1hour 266 376

ID

154 140 166

8.00 AM **Devil in Suburbia**
10.00 **Murder Chose Me**
11.00 **People Magazine Investigates**
12.00 NOON **American Monster**
4.00 PM **Disappeared** Double bill.
6.00 **Evil Lives Here** Investigating the case of Joyce Alexander. **7.00** A look into the case of killer Timothy Bass.
8.00 **Mean Girl Murders** The case of Joel Frazier from 2017.
9.00 **The Murder of Gabby Petito: A Faking It Special** Examining the murder of Gabby Petito.
10.00 **A Killer Among Friends** A gunman kills a University of Kentucky football player at his birthday party.
11.00 **Signs of a Psychopath** A woman finds her two young sons with their throats cut. **11.30** An elderly man is beaten to death by a teenager.
12.00 M'T **Evil Lives Here**
2.00 AM **Evil Online** Double bill.
4.00 **to 5.00** AM **Faking It: Tears of a Crime**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **World's Greatest Motorcycle Rides**
10.00 **Three Men Four Wheels**
11.00 **Bad Chad Customs**
12.00 NOON **Shed and Buried: Classic Cars** Five editions.
5.00 PM **Shed and Buried** Four editions, including at: **6.00** Henry and Sam unearth containers full of tractors. **6.30** Henry and Sam go in search of bargains in Devon.
7.00 **Wheeler Dealers** Mike buys his newest ever car to create a bespoke Scooby BRZ STI. **8.00** Mike and Elvis wrestle an iconic Japanese rally car – a Mitsubishi Lancer Evo7. **9.00** Mike tracks down a Nissan 300ZX twin turbo. **10.00** Mike plans to modernise a 1982 Toyota Supra. **11.00** Mike restores a 1994 Mitsubishi 3000GT VR-4. **12.00** M'T Edd attempts to modify a Mazda RX7.
1.00 **to 4.00** AM **World's Greatest Motorcycle Rides**

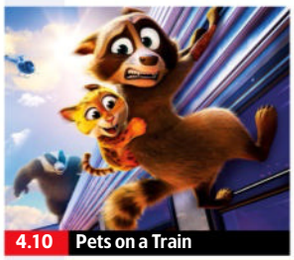
+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.15 AM **Pets on a Train** (2025)
8.50 **One More Shot** Comedy. (2025, 15, 88min) ★★★
10.30 **Adulthood** As 8.00pm.
12.15 PM **Icefall** As 9.45pm.
2.00 **How to Train Your Dragon** Fantasy with Mason Thames. (2025, PG, 125min) ★★★★
4.10 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
5.40 **Jurassic World: Rebirth** Fantasy action adventure. (2025, 12, 133min) ★★★



4.10 Pets on a Train

8.00 **Adulthood** Black comedy with Josh Gadd and Kaya Scodelario. Two siblings find a dead body buried in their parents' basement, sending them down a rabbit hole of crime. (2025, 15, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Icefall** Action thriller starring Joel Kinnaman. A game warden captures a notorious poacher, only to discover he's aware of the location of a plane carrying millions of dollars frozen in a lake. (2025, 15, 95min)

11.30 **Bring Her Back** Mystery thriller starring Sally Hawkins. (2025, 18, 104min) ★★★★
1.20 AM **I Know What You Did Last Summer** Horror reboot. (2025, 15, 119min) ★★★
3.20 **King Ivory** Thriller with James Badge Dale. (2024, 15, 130min)
5.35 **to 6.00** AM **The Cinema List: Brit Hits**

Sky Cinema Women in Film

303 303 403 503 517

6.25 AM **Carmen & Lola** Drama. (2018, 18, 120min) ★★★
8.25 **Empire Waist** Comedy drama. (2024, 12, 94min) ★★★
10.05 **The First Wives Club** (1996)
11.50 **Jackie** As shown at 1.45am.
1.35 PM **Ocean's Eight** Crime caper starring Sandra Bullock. (2018, 12, 110min) ★★★★
3.35 **Ghostbusters** As 10.00pm.
5.35 **Wonder Woman** Fantasy adventure starring Gal Gadot. (2017, 12, 121min) ★★★★

8.00 Promising Young Woman

8.00 **Promising Young Woman** Crime thriller starring Carey Mulligan. A medical-school dropout traumatised by a tragic event in her past seeks vengeance against those who crossed her path. With Bo Burnham. (2020, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Ghostbusters** Fantasy comedy starring Kristen Wiig. When supernatural disturbances occur in New York, four experts in the paranormal and their dim assistant investigate. (2016, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The First Wives Club** Comedy starring Goldie Hawn. (1996, PG, 102min) ★★★
1.45 AM **Jackie** Biographical drama. (2016, 15, 100min) ★★★★
3.30 **Chuck Chuck Baby** Drama. (2023, 15, 101min) ★★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

7.30 AM **Little Women** As 3.55pm.
9.30 **About Time** Romantic comedy fantasy. (2013, 12, 120min) ★★★
11.40 **Elizabeth: The Golden Age** Historical drama sequel. (2007, 12, 114min) ★★★
1.40 PM **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★
3.55 **Little Women** Drama starring Winona Ryder and Gabriel Byrne. (1994, U, 114min) ★★★
5.55 **Darkest Hour** Drama starring Gary Oldman and Kristin Scott Thomas. (2017, PG, 122min) ★★★
8.00 **Dunkirk** Christopher Nolan's war drama starring Kenneth Branagh and Fionn Whitehead. (2017, 12, 106min) ★★★★★
9.50 **An Officer and a Gentleman** Romance with Richard Gere and Debra Winger. A working-class naval cadet strives to become an aviation officer and a mill worker dreams of marrying one. (1981, 15, 125min) ★★★★
11.55 **The Brutalist** Epic drama starring Adrien Brody. (2024, 18, 215min) ★★★★★
3.15 AM **The Cinema List: Risky Romance**
3.45 **to 6.10** AM **Jerry Maguire** Romantic comedy drama. (1996, 15, 139min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.35 AM **AfrAid** As 9.50am.
8.10 **The Damned** Horror mystery. (2024, 15, 89min) ★★★★
9.50 **AfrAid** Sci-fi horror with John Cho. (2024, 15, 84min) ★★
11.25 **Companion** Sci-fi horror. (2024, 15, 97min) ★★★★
1.15 PM **Arrival** Sci-fi action drama. (2016, 12, 116min) ★★★★★
3.15 **Mars Attacks!** Sci-fi comedy. (1996, 12, 106min) ★★★★
5.05 **Interstellar** Sci-fi adventure. (2014, 12, 166min) ★★★★
8.00 **Waterworld** Sci-fi action adventure starring Kevin Costner. In a future world entirely covered by water, a solitary hero leads a quest for dry land. (1995, 12, 134min) ★★★
10.20 **A Quiet Place** Horror with Emily Blunt and John Krasinski. A family are forced to live in silence while hiding from monsters with hypersensitive hearing. (2018, 15, 90min) ★★★★
12.05 AM **MaXXXine** Thriller starring Mia Goth and Kevin Bacon. (2024, 18, 110min) ★★★
1.55 **Blade** Action adventure chiller starring Wesley Snipes. (1998, 18, 121min) ★★★
4.00 **Sky Cinema Preview**
5.00 **to 7.20** AM **Waterworld** (1995)

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.50 AM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
8.25 **Twist** As shown at 2.50am.
10.10 **The Portable Door** (2023)
12.15 PM **Free Willy** Adventure. (1993, U, 112min) ★★★★
2.15 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy sequel. (2016, 12, 112min) ★★★
4.15 **Scooby-Doo 2: Monsters Unleashed** (2004, PG) ★★★
6.00 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★

6.00 Stuart Little

7.40 **Stuart Little 2** Fantasy adventure sequel with the voices of Michael J Fox and Melanie Griffith. (2002, U, 78min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **Breaking Point** Family drama starring Karam Singh and Kelvin Clarke. Two estranged adopted brothers attempt to win a breakdancing contest. With Hannah John-Kamen and Emily Carey. (2023, 12, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Blueback** Drama starring Mia Wasikowska and Eric Bana. (2022, PG, 102min) ★★★
1.05 AM **The Mountain** Comedy starring Elizabeth Atkinson. (2024, PG, 89min) ★★★★
2.50 **Twist** Crime comedy starring Michael Caine and Raff Law. (2021, 12, 90min) ★★★★
4.35 **to 6.45** AM **The Portable Door** Fantasy adventure starring Christoph Waltz. (2023, PG, 130min) ★★★

Sky Cinema Action

307 307 407 507 521

7.25 AM **The Dark Tower** (2017)
9.10 **Indiana Jones and the Last Crusade** Action adventure. (1989, PG, 127min) ★★★★★
11.25 **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12) ★★★
1.30 PM **Spider-Man 3** Fantasy sequel. (2007, 12) ★★★
3.55 **Bad Boys: Ride or Die** Action comedy. (2024, 15) ★★★
5.55 **Twister** Disaster movie. (1996, PG, 114min) ★★★

5.55 Twister

8.00 **The Amazing Spider-Man** Fantasy adventure starring Andrew Garfield and Emma Stone. A nerdy New York teenager becomes a vigilante crime-fighter after a bite from a genetically modified spider gives him special powers. With Rhys Ifans and Denis Leary. (2012, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

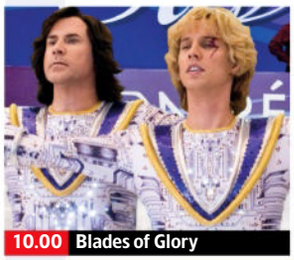
10.25 **The Amazing Spider-Man 2** Fantasy adventure sequel starring Andrew Garfield. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **Uncharted** Adventure. (2022, 12, 116min) ★★★
2.55 **Safe House** Crime thriller. (2025, 15, 90min) ★★★
4.30 **to 6.15** AM **Long Gone Heroes** Thriller. (2024, 15) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.25 AM **Mean Machine** Sports drama. (2001, 15, 99min) ★★
8.15 **Miss Congeniality** As 5.55pm.
10.10 **Uncle Buck** Comedy with John Candy. (1989, 12, 94min) ★★★
12.05 PM **Blades of Glory** (2007)
1.55 **Beverly Hills Cop 3** Comedy thriller sequel. (1994, 15) ★★
3.55 **School of Rock** Comedy. (2003, PG, 109min) ★★★★
5.55 **Miss Congeniality** Comedy starring Sandra Bullock. (2000, 12, 109min) ★★★★


10.00 Blades of Glory

8.00 **How to Lose a Guy in 10 Days** Romantic comedy starring Kate Hudson and Matthew McConaughey. A journalist sets out to seduce and then alienate an advertising executive, but her target has his own agenda. (2003, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Blades of Glory** Sports comedy starring Will Ferrell and Jon Heder. Two disgraced ice skating rivals make a comeback as the first all-male figure skating pair in history. (2007, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Two Weeks Notice** Comedy. (2002, 12, 101min) ★★★
1.30 AM **In & Out** Comedy. (1997, 12, 91min) ★★★
3.05 **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★
4.45 **Cinema List: Video Games**
5.15 **to 7.15** AM **Tootsie** Comedy. (1982, 15, 116min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

7.25 AM **The Saint** Crime thriller. (1997, 12, 116min) ★★★
9.35 **The Bourne Identity** Spy thriller starring Matt Damon. (2002, 12, 119min) ★★★★★
11.35 **The Bourne Supremacy** Thriller. (2004, 12) ★★★★
1.25 PM **The Bourne Ultimatum** Thriller. (2007, 12) ★★★★
3.25 **The Bourne Legacy** Thriller. (2012, 12, 129min) ★★★
5.45 **Jason Bourne** Action thriller. (2016, 12, 123min) ★★★

5.45 Jason Bourne

8.00 **Cellular** Thriller starring Kim Basinger, Chris Evans and William H Macy. A kidnapped teacher rings the mobile phone of a stranger and enlists his aid to help her escape. (2004, 15, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Snatch** Guy Ritchie's crime comedy drama starring Jason Statham, Benicio Del Toro, Brad Pitt and Dennis Farina. A group of small-time British crooks plan to steal a diamond from an American mobster. (2000, 18, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Borderline** Horror comedy. (2025, 15, 94min) ★★★
1.05 AM **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
2.45 **Speak No Evil** Horror thriller. (2024, 15, 110min) ★★★★
4.40 **to 6.15** AM **All the Devils Are Here** Thriller with Sam Claflin. (2025, 15, 87min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Kid Who Would Be King** Fantasy adventure. (2019, PG, 120min) ★★★
1.25 PM **Mary, Queen of Scots** Drama. (1971, 12, 128min) ★★
4.00 **Little Women** Historical drama starring Saoirse Ronan. (2019, U, 135min) ★★★★★
6.50 **Men in Black: International** Fantasy comedy sequel starring Chris Hemsworth. (2019, 12, 110min) ★★★

6.50 Men in Black: International

Men in Black: International (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **John Wick: Chapter 3 – Parabellum** Action thriller sequel starring Keanu Reeves, Halle Berry and Ian McShane. The seemingly invincible assassin returns, this time hunted by armies of bounty hunters. (2019, 15, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Forever Purge** Horror sequel with Ana de la Reguera. Members of an underground movement decide to take over the United States through an unending campaign of mayhem and massacre. (2021, 15, 103min) ★★★
1.40 **to 3.50** AM **Raging Grace** Horror with Max Eigenmann. (2023, 15, 100min) ★★★

+1hour 314 430 47 301 257

Sky Cinema Award Season

302 302 402 502 516

6.00 AM **The Blues Brothers** Comedy. (1980, 15, 135min) ★★★★★
8.15 **May December** Drama. (2023, 15, 117min) ★★★★
10.15 **About a Boy** Comedy drama. (2002, 12, 101min) ★★★★
12.00 NOON **Bridget Jones's Diary** Comedy. (2001, 15) ★★★★
1.40 PM **Bridget Jones: The Edge of Reason** Romantic comedy sequel. (2004, 15, 108min) ★★★
3.30 **Wicked** Musical adventure. (2024, PG, 160min) ★★★★
6.10 **Mamma Mia!** Musical starring Meryl Streep and Colin Firth. (2008, PG, 108min) ★★★★
8.00 **Love Actually** Romantic comedy starring Hugh Grant. (2003, 15, 135min) ★★★
10.25 **Yesterday** Fantasy comedy with Himesh Patel. A musician wakes up after being hit by a bus to find he is the only person in the world who remembers The Beatles. (2019, 12, 116min) ★★★
12.25 AM **The Blind Side** Fact-based drama starring Sandra Bullock, Tim McGraw and Quinton Aaron. (2009, 12, 129min) ★★★
2.50 **I, Tonya** Biopic starring Margot Robbie and Allison Janney. (2017, 15, 119min) ★★★★
5.05 **to 7.05** AM **Mamma Mia!**

Sky Cinema Greats

304 304 404 504 518

6.50 AM **Bye Bye Birdie** As 12.35am.
8.55 **Sixteen Candles** As 4.35am.
10.40 **Shirley Valentine** As 2.35am.
12.35 PM **The Golden Child** (1986)
2.10 **Lethal Weapon 3** Thriller sequel. (1992, 15, 118min) ★★
4.10 **Lethal Weapon 4** Thriller sequel. (1998, 15, 128min) ★★★
6.20 **Police Academy** Comedy starring Steve Guttenberg. (1984, 15, 95min) ★★★
8.00 **Police Academy 2: Their First Assignment** Comedy sequel starring Steve Guttenberg and Colleen Camp. Six inept recruits are drafted to fight a crime wave. (1985, 12, 87min) ★★
9.30 **Police Academy 3: Back in Training** Comedy sequel starring Steve Guttenberg, Bubba Smith and David Graf. The academy is threatened with closure. (1986, PG, 82min) ★
11.00 **The Golden Child** Adventure. (1986, PG, 93min) ★★
12.35 AM **Bye Bye Birdie** Musical with Janet Leigh and Ann-Margret. (1963, PG, 112min) ★★★
2.35 **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
4.35 **to 6.15** AM **Sixteen Candles** John Hughes' teen comedy. (1984, 12, 89min) ★★★

Sky Cinema Animation

305 305 405 500 514

7.25 AM **Smallfoot** Animation. (2018, U, 96min) ★★★
9.10 **Trolls** Animation. (2016, U) ★★★
10.50 **Pets on a Train** As 7.40pm.
12.30 PM **Monsters vs Aliens** Animated sci-fi monster movie. (2009, PG, 90min) ★★★
2.20 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
4.00 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
5.40 **Rango** Animated Western spoof. (2011, PG, 103min) ★★★★
7.40 **Pets on a Train** Animation featuring the voice of Wyatt Bowen. (2025, PG, 87min) ★★★
9.20 **The Lego Ninjago Movie** Animated adventure with the voice of Jackie Chan. A teenager tries to defeat his evil warlord father with the help of fellow ninjas. (2017, U, 101min) ★★
11.15 **Dragon Rider** Animated fantasy featuring the voice of Felicity Jones. (2020, PG, 91min) ★★★
1.00 AM **Teen Titans Go! to the Movies** Animated adventure. (2018, PG, 84min) ★★★
2.35 **Fireheart** Animated adventure. (2022, U, 92min) ★★★
4.20 **Open Season** Animated comedy. (2006, PG, 86min) ★★★★
5.55 **to 7.45** AM **The Lego Ninjago...**

Movies 24

312 313 419

7.00 AM **My Argentine Heart** Comedy. (2025, PG, 84min) ★★
9.00 **Adventures In Love & Birding** Drama. (2025, PG, 84min) ★★
11.00 **The Love Hunt** Romantic comedy. (2023, PG, 89min) ★★
1.00 PM **The Date Whisperer** Drama. (2023, PG, 87min) ★★
3.00 PREMIERE **Caught by Love** Drama starring Rachael Leigh Cook. (2026, PG, 84min) ★★
5.00 **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
7.00 **3 Bed, 2 Bath, 1 Ghost** Romantic comedy starring Julie Gonzalo and Chris McNally. (2023, PG, 84min) ★★
9.00 **Junebug** Fantasy starring Autumn Reeser and Mila Jones. A book editor is inspired to get her life in order when she gets visions of her eight-year-old self. (2024, PG, 84min) ★★
11.00 **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★
1.00 AM **For the Love of Lily** Romantic drama starring Ashton Leigh. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Writing a Love Song** Romance starring Nina Kiri. (2024, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Cat from Outer Space** Fantasy. (1978, U, 103min) ★★★
8.05 **Dick Tracy vs Crime Inc** Thriller. (1941, b/w, PG, 130min) ★★
10.15 **Murder In Reverse** Thriller. (1946, b/w, PG, 80min) ★★
11.50 **The Beverly Hillbillies** (S2)
12.20 PM **The Guinea Pig** Drama. (1948, b/w, U, 97min) ★★★
2.20 **Batman** 54/60. (S2)
2.50 **Four Star Theatre** 12/31. (S2)
3.20 **Look at Life** Documentary.
3.30 **Give Us a Clue**
4.00 **The Man from UNCLE** (S1)
5.00 **The Footage Detectives**
6.00 **Hannay** 5/6. (S1)
7.00 **That's My Boy** 5/6. (S1)
7.30 **The Vise** 6/26. (S2)
8.00 **Sergeant Cork** 7/13. (S3)
9.05 **Who Do You Do?**
9.40 **Confessions of a Window Cleaner** Comedy starring Robin Askwith. (1974, 18, 87min) ★
11.25 **The Heritage Chart Show**
12.30 AM **Cream: Farewell Concert**
2.10 **A Lifetime Ago with the Baim Collection**
2.30 **Burke's Law** 2/32. (S1)
3.30 **The Rogues** 5/30. (S1)
4.30 **The Adventures of Robin Hood**
5.00 **The Buccaneers** 10/39. (S1)
5.30 **to 6.00** AM **The Adventures of William Tell**

Sunday

Sky Sports Main Event

401 401 501 419 439

7.00 AM **Ted's Notebook**
7.30 **Formula 1** Australian Grand Prix.
11.00 **Ted's Notebook**
11.30 **Formula 1** Action from Australia.
12.30 PM **Ted's Notebook**
1.00 LIVE **Men's T20 World Cup** Coverage of the final staged at either Narendra Modi Stadium in Ahmedabad or Premadasa Stadium in Colombo.
6.30 LIVE **PGA Tour Golf** Coverage of day four of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge in Orlando, Florida.
10.00 LIVE **WTA & ATP Tennis** Coverage of the fifth day of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California, featuring third round matches. The British women involved at this stage last year experienced contrasting fortunes, with the unseeded 'lucky loser' Sonay Kartal overcoming Polina Kudermetova in a 7-5 6-3 triumph as she progressed to round four, while the 23rd seed, Katie Boulter was defeated 0-6 5-7 by Elena Rybakina.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Stories**
7.30 **The Big Interview**
8.00 **Premier League Review**
9.00 **The Sunday Supplement**
11.00 **Premier League Years**
1.00 PM **Premier League Stories**
1.30 **Premier League Review** Action from the top flight.
2.30 **Premier League Stories** Behind the scenes of the Premier League.
3.00 **The Big Interview** Featuring a Premier League star.
3.30 **Premier League Review**
4.30 **Transfer 360** Gareth Barry.
5.00 **Premier League Years** A look back at the 2024/25 season.
7.00 **Netbusters** Action from the Premier League, with highlights using alternative angles, featuring every goal from every game.
7.30 **Premier League Stories**
8.00 **Premier League Review**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Premier League Review**
11.00 **Premier League Years**
1.00 AM **PL Retro** Liverpool v Blackburn Rovers from 1994/95.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Highlights**
11.30 LIVE **EFL** **AFC Wimbledon v Northampton Town.** Coverage of the League One encounter staged at Cherry Red Records Stadium. Kick-off **12.00noon**.
2.30 PM **EFL Highlights**
4.00 LIVE **EFL** **Queens Park Rangers v Middlesbrough.** Coverage of the Championship match staged at MATRADE Loftus Road Stadium. Boro claimed a 3-1 win in the reverse fixture at the Riverside Stadium. Kick-off **4.30pm**.
7.00 **EFL League One Goals**
7.30 **EFL League Two Goals**
8.00 **EFL Highlights**
10.00 **EFL League One Goals**
10.30 **EFL League Two Goals**
11.00 **EFL Highlights** Championship.
11.15 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.00 AM **Henrik Larsson: 20 Years On** An interview.
3.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Old Firm Derby Best Goals**
5.30 **to 6.00** AM **Edinburgh Derby Best Goals**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Men's T20 World Cup Review Show** A look back.
7.00 **The History of the Men's T20 World Cup**
10.00 **The Story of the Men's T20 World Cup Final 2024**
11.00 **Men's T20 World Cup**
1.00 PM LIVE **Men's T20 World Cup** Coverage of the final staged at either Narendra Modi Stadium in Ahmedabad or Premadasa Stadium in Colombo. India were victorious when the competition was last held in 2024, defeating South Africa by seven runs in the showpiece match in Bridgetown with the help of a fine innings of 76 from Virat Kohli.
6.30 **Best of ICC WT20** Action from India v Pakistan in the 2007 final.
6.45 **Best of England v South Africa**
7.00 **The History of the Men's T20 World Cup** A look at the history of the global 20-over competition.
9.00 **Men's T20 World Cup** Highlights from the final.
12.00 M'T **Men's T20 World Cup** Another chance to see the final.
5.30 AM **Best of ICC WT20**
5.45 **to 6.00** AM **Best of England v South Africa**

Sky Sports Golf

406 406 506 423 443

6.00 AM LIVE **LPGA Tour Golf** Coverage of day four of the Blue Bay LPGA from Jian Lake Blue Bay Golf Club on Hainan Island.
9.00 LIVE **DP World Tour Golf** Coverage of day four of the Joburg Open at Houghton Golf Club. This event first took place in 2007 with previous winners including Charl Schwartzel, Branden Grace and Dan Bradbury.
2.00 PM LIVE **PGA Tour Golf** The early stages on day four of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge, Orlando.
4.30 LIVE **PGA Tour Golf** Further coverage of day four of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge, Orlando. Tiger Woods is the most successful player at this tournament having won here on eight occasions, his first coming in 2000 and his most recent victory coming in 2013.
10.00 **LPGA Tour Golf** Blue Bay LPGA.
12.00 M'T **PGA Tour Golf**
4.00 AM **Golf Academy**
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
1.00 PM **ATP Tennis** Dallas Open final.
2.00 **WTA & ATP Tennis** Action from day four of the Indian Wells Open.
6.00 LIVE **WTA & ATP Tennis** Coverage of the fifth day of the Indian Wells Open held at Indian Wells Tennis Garden in California. At this stage last year, Sonay Kartal overcame Polina Kudermetova in a 7-5 6-3 triumph as she progressed to round four, while the 23rd seed, Katie Boulter was defeated 0-6 5-7 by the number seven seed, Elena Rybakina.
5.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **TNT Sports Reload**
6.15 **Winter Paralympic Games**
7.15 **Alpine Skiing** From Slovenia.
8.15 LIVE **Alpine Skiing** Coverage of run one of the men's slalom from Kranjska Gora, Slovenia.
9.45 LIVE **Alpine Skiing** Women's Super-G in Fassa Valley, Italy.
11.15 LIVE **Alpine Skiing** Coverage of run two of the men's slalom from Kranjska Gora, Slovenia.
12.30 PM **Crouchy and Cole**
12.45 **FA Cup: The People's Story**
1.00 LIVE **Emirates FA Cup** **Port Vale/Bristol City v Sunderland.** Coverage of the fifth-round tie. Kick-off **1.30pm**.
4.00 LIVE **Emirates FA Cup** **Leeds United v Norwich City.** The fifth-round tie staged at Elland Road. Kick-off **4.30pm**.
7.00 **UEFA Champions League**
7.30 LIVE **Serie A** Coverage of a match from Italy's top division.
9.45 **Training Day** Newcastle United.
10.00 **LIV Golf** From Hong Kong.
11.30 **Winter Paralympic Games**
12.30 AM **The Emirates FA Cup**
4.30 **Serie A** Action from Italy.
5.30 **to 6.00** AM **WRC Magazine**

TNT Sports 2

411 414 522 409 431

6.00 AM LIVE **LIV Golf** The fourth day of the third round of the season at Hong Kong Golf Club.
9.00 LIVE **Snowboard World Cup** Coverage from the men's and women's snowboard cross on the second day in Erzurum, Turkey.
10.30 **The Emirates FA Cup**
11.30 LIVE **Emirates FA Cup** **Fulham v Southampton.** The fifth-round tie from Craven Cottage. Kick-off **12.00noon**.
2.30 PM **Sign Up – Into Football**
3.15 **The Monuments**
3.45 LIVE **Biathlon** The men's mass start from Kontiolahti, Finland.
4.45 **TNT Sports Reload**
5.00 LIVE **World Baseball Classic** **Italy v Great Britain.** Coverage of the Pool B match at Daikin Park.
8.30 **The WRC Magazine**
9.00 **UFC** Holloway v Oliveira.
12.00 M'T **Men's Cycling**
1.00 AM **Isuzu UTE A-League**
2.00 **TNT Sports Reload**
2.15 **Premiership Women's Rugby**
3.15 **Women's Cricket**
5.15 **to 6.00** AM LIVE **Test Cricket** **Australia v India.** Coverage of the fourth and final day of the one-off womens' Test from Perth.

Sky Sports Action

412 410 510 426 446

6.00 AM **NFL Highlights**
7.00 **Super League Highlights**
7.15 **Women's Super League**
7.30 **Super League Highlights**
8.00 **NFL Highlights**
9.00 **Super League**
12.00 NOON **Premier League Darts**
4.00 PM **Super League Highlights**
4.15 **Women's Super League**
4.30 **Super League Highlights**
5.00 **NFL Highlights** Action from Buffalo Bills v Kansas City Chiefs.
6.00 **Premier League Darts** Another chance to see the fifth night staged at Utilita Arena Cardiff.
10.00 **NBA on Fire** The latest news.
10.30 **NFL Bitesize Highlights**
11.00 LIVE **NBA Basketball** **San Antonio Spurs v Houston Rockets.** The Western Conference match staged at Frost Bank Center. Tip-off **12.00m't**.
2.30 AM LIVE **NBA Basketball** **Phoenix Suns v Charlotte Hornets.** Coverage of the inter-conference match from Mortgage Matchup Center. Tip-off **2.00am**.
4.30 **Super League Highlights**
5.00 **Women's Super League**
5.15 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
9.00 **The Sunday Supplement**
11.00 **Sports Sunday**
1.00 PM LIVE **PGA Tour Golf** Coverage of the early stages on day four of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge. Previous winners of this event include Francesco Molinari, Rory McIlroy, Bryson DeChambeau and Tiger Woods.
4.30 **Sports Sunday**
6.00 LIVE **WTA & ATP Tennis** Coverage of the fifth day of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California, featuring matches in the third round. The British women involved at this stage last year experienced contrasting fortunes, with the unseeded 'lucky loser' Sonay Kartal overcoming Polina Kudermetova in a 7-5 6-3 triumph as she progressed to round four, while the 23rd seed, Katie Boulter was defeated 0-6 5-7 by the number seven seed, Elena Rybakina.
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM LIVE **LPGA Tour Golf** Coverage of day four of the Blue Bay LPGA from Jian Lake Blue Bay Golf Club on Hainan Island.
9.00 **Super League** Leigh v Catalans.
11.45 **My Icon** Sporting influences.
12.30 PM **Indycar** Highlights.
3.00 **Premier League Darts**
7.00 **Elise Christie – No Filter**
8.40 **Darts Gold** Action from 2014.
8.55 **Darts Top 5 Moments**
9.00 **Formula 1** Australian Grand Prix.
10.00 **Indycar** Highlights.
11.00 **WTA Tennis** Mérida Open final.
12.00 M'T **PL Greatest Games**
1.00 AM **PGA Tour Champions**
2.00 LIVE **NBA Basketball** **Phoenix Suns v Charlotte Hornets.** The inter-conference match from Mortgage Matchup Center. Tip-off is at **2.00am**.
4.30 **to 6.00** AM **PDC Classics**

TNT Sports 3

413 415 523 410 432

6.00 AM **FA Cup: The People's Story**
6.15 **The Emirates FA Cup**
8.15 LIVE **AFL** **St Kilda Saints v Collingwood Magpies.** At Melbourne Cricket Ground. Bounce-up **8.20am**.
11.15 LIVE **Cross Country Skiing** Men's classic 10km place in Lahti.
12.30 PM **The Breakdown**
1.00 LIVE **PREM Rugby Cup** The first semi-final Kick-off **1.30pm**.
3.45 LIVE **PREM Rugby Cup** The second semi-final. Kick-off **4.00pm**.
6.15 **LIV Golf** From Hong Kong.
7.45 **Cycling** Strade Bianche in Italy.
9.45 **PREM Rugby Cup**
11.45 **UEFA Europa League & Conference League Magazine**
12.45 AM **UEFA Champions League**
1.15 **Women's Test Cricket**
2.15 **Kenny Allstar's Number 1's**
2.30 **MotoGP Highlights**
3.30 **Alpine Skiing** Highlights.
5.00 **to 6.00** AM **UEFA Europa League & Conference League**

TNT Sports 4

414 416 524 411 434

6.30 AM LIVE **Test Cricket** **Australia v India.** The third day of the one-off women's Test from the Western Australian Cricket Association Ground in Perth.
1.30 PM **TNT Sports Cricket Reload**
1.45 **The WRC Magazine**
2.15 LIVE **Cycling** Coverage of the first stage of the Paris-Nice, a 171.2km route from Achères to Carrières-sous-Poissy.
4.15 **The Cycle** Cycling news.
5.30 **Cycling** Strade Bianche in Italy.
7.30 **Isuzu UTE A-League** Action from Auckland FC v Perth Glory.
8.30 **Women's Test Cricket** Highlights of Australia v India.
9.30 **Women's One-Day International Cricket** Highlights of New Zealand v Zimbabwe.
10.30 **AIUla** AIFursan Endurance AIUla.
11.30 **AFL** St Kilda v Collingwood.
1.00 AM **Alpine Skiing** Highlights.
2.30 **The WRC Magazine**
3.00 **to 6.00** AM **Cycling**

Premier Sports 1

419 551

6.00 AM **LaLiga** Levante v Girona.
8.00 **Sporting Countdowns**
8.30 **Football** Highlights and features.
12.00 NOON LIVE **Scottish Cup** **Rangers v Celtic.** The quarter-final from Ibrox. Kick-off **1pm**.
4.00 PM **Football's Greatest**
5.00 **LaLiga Match Highlights**
5.25 LIVE **LaLiga** **Sevilla v Rayo Vallecano.**
7.30 **LaLiga Match Highlights**
7.55 LIVE **LaLiga** **Valencia v Alaves.** Kick-off **8pm**.
10.00 **LaLiga Match Highlights**
10.10 LIVE **Argentine Primera Division** **Central Cordoba v Boca Juniors.**
12.15 AM **Coppa Italia Show**
12.45 **Africa Eco Race**
1.00 **NHL: This is Hockey**
1.30 LIVE **NHL Ice Hockey** Vegas **Golden Knights v Edmonton Oilers.** Face-off is at **1.30am**.
4.30 **to 6.00** AM **NHL Ice Hockey**

Premier Sports 2

420 552

6.00 AM **Ice Hockey** Highlights.
10.00 **NASCAR Highlights**
11.00 **LaLiga** Getafe v Real Betis.
12.55 PM LIVE **LaLiga** **Villarreal v Elche.** From Estadio de la Cerámica. Kick-off **1.00pm**.
3.00 **LaLiga Match Highlights**
3.10 LIVE **LaLiga** **Athletic Bilbao v Barcelona.** The Spanish top-flight match staged at San Mamés. Kick-off **3.15pm**.
5.15 **Temples of Sport**
5.45 **LaLiga Match Highlights**
6.00 **NHL on the Fly**
7.00 LIVE **NASCAR** The Straight Talk Wireless 500 in Avodale, Arizona.
11.30 **Bike World** Motorcycling.
12.00 M'T **LaLiga Match Highlights**
12.10 AM LIVE **Argentine Primera Division** **River Plate v Atletico Tucuman.**
2.15 **Africa Eco Race**
2.30 **NHL Ice Hockey**
4.30 **Football's Greatest**
5.00 **to 6.00** AM **Motorsport**

Sky Sports F1

407 407 507 424 444

7.00 AM **Ted's Notebook**
7.30 **Formula 1** Australian Grand Prix.
11.00 **Ted's Notebook**
11.30 **Formula 1** From Melbourne.
12.30 PM **Ted's Notebook**
1.00 **Formula 1** Australian Grand Prix.
4.30 **Ted's Notebook**
5.00 **Formula 1** Action from Australia.
6.00 **Ted's Notebook**
6.30 **Formula 1** Australian Grand Prix.
8.45 **Ted's Notebook**
9.15 **Formula 1** The Australian Grand Prix held at Albert Park Circuit.
10.15 **Formula 2** Action from the Australian Grand Prix feature race.
11.45 **Formula 3** Australian Grand Prix.
1.00 AM **Formula 1** From Melbourne.
2.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

9 March

Evening Planner

Monday

Football

FA Cup Fifth Round
TNT Sports 1 & Discovery +, k-o 7.30pm
East meets west as West Ham host Brentford at the London Stadium, in a battle for a place in the quarter-finals.

Factual

Dom Chinea's Cornish Workshop
U&Yesterday, 8pm (box set, U)
The *Repair Shop* expert opens his own restoration workspace in west Cornwall.

Documentary

Great British Castle Rescue
Sky History, 9pm
Rick Edwards visits some UK castles that have been brought back from the brink, starting at Fyvie Castle in Aberdeenshire.

Comedy

Rooster
Sky One, 10pm
Steve Carrell (left) stars as an author who joins the faculty at his daughter's university to help protect her career.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Would I Lie... †	9.00 Death in Paradise		10.00 News; Local News	10.40 Trying †
	102 BBC2	7.00 Global Eye	7.30 Grand Tours of...	8.00 Mastermind	8.30 University...	9.00 AI Confidential with Hannah Fry		10.00 Small Prophets	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Fletchers'...	8.00 Emmerdale	8.30 Coronation...	9.00 Gone		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Batch from Scratch: Cooking for Less		9.00 Handcuffed: Last Pair Standing		10.00 Japan's Tsunami: Caught on Camera	
	105 5	7.00 Celebrity Puzzling		8.00 Motorway Cops: Catching Britain's...		9.00 Police Interceptors: Taking Down the...		10.00 999: Police Hour of Duty	
	106 SKY ONE	7.00 The Simpsons		8.00 Agatha Raisin				10.00 Rooster	10.40 Last...
ENTERTAINMENT	115 BBC3	7.05 Waterloo Road				9.00 Film: Blade Runner 2049			
	116 BBC4	7.00 Seven Worlds, One Planet		8.00 Raiders of the Lost Past with Janina...		9.00 Call My Bluff	9.30 Face the Music	10.00 The Secret Rules of Modern Living...	
	118 ITV2	7.00 Wheel of Fortune		8.00 Ant & Dec's Limitless Win		9.00 The Princess Diaries		10.00 The 1% Club	
	136 MORE4	‹ 6.50 The Dog House Australia		7.55 Grand Designs		9.00 Our Farm Next Door: Amanda, Clive...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia				9.35 Laid		10.20 Gogglebox
	107 SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 Law & Order: Criminal Intent		10.00 The Equalizer	
	108 SKY ATLANTIC	‹ 6.45 Game of Thrones				9.00 DTF St Louis			10.10 All Her Fault
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Bottom			10.20 Men Behaving Badly
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Will & Ralf Should Know Better		10.00 QI XL	
	119 ITV3	‹ 6.50 Heartbeat		8.00 Midsomer Murders				10.00 Endeavour	
	120 ITV4	7.00 Aussie Pickers		8.00 The Motorbike Show		9.00 Ice Road Truckers		10.00 Film: Kill Bill: Vol. 1	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's The Wheel		10.00 Kerry Godliman: Bandwidth	
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld		10.00 The Leftovers	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Judge John Deed				10.00 New Tricks	
	109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise		9.00 Father Brown		10.00 Death in Paradise	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: At Schonbrunn, Vienna					
	132 U&W	7.00 DIY SOS: The Big Build		8.00 The Supervet: Noel Fitzpatrick					
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Scrapyard Dynasty		9.00 Maine Cabin Masters		10.00 Ancient Unexplained Files	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Great White Abyss		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation				9.00 To Catch a Smuggler		10.00 Yukon Rescue	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Digging for Britain		9.00 Great British Castle Rescue		10.00 Unsung Heroes of Waterloo	
	155 U&YESTERDAY	7.00 The Americas with Simon Reeve		8.00 Dom Chinea's Cornish Workshop		9.00 Indian Ocean with Simon Reeve		10.00 Bangers & Cash	
	114 SKY DOCS	‹ 6.55 The Comedy Store		8.00 There's Something Wrong with Aunt Diane				10.00 OJ: Made in America	
FILMS – Sky Cinema	301 PREMIERE	‹ 5.50 How to Train Your Dragon		8.00 Icefall			9.45 Adulthood		
	302 AWARD SEASON	‹ 6.10 Ghostbusters		8.00 Back to the Future				10.00 Sherlock Holmes	
	303 ACTION HEROES	‹ 6.05 I Am Legend		8.00 Bad Boys II					10.30 Waterworld
	304 GREATS	‹ 6.00 Bad Boys		8.00 Batman				10.10 Batman Returns	
	305 ANIMATION	‹ 5.50 Hotel...	7.35 Pets on a Train			9.15 The Emoji Movie			
	306 FAMILY	‹ 6.00 Look Who's Talking	7.45 Teenage Mutant Ninja Turtles				9.35 Save the Cinema		
	307 ACTION	‹ 5.35 The Amazing Spider-Man 2		8.00 Furiosa: A Mad Max Saga					10.35 Bad Boys...
	308 COMEDY	‹ 6.00 Shirley Valentine		8.00 Mamma Mia!				10.00 Mamma Mia! Here We Go Again	
	309 THRILLER	‹ 5.45 Captain Phillips		8.00 The Girl on the Train				10.00 Borderline	
	310 DRAMA	‹ 5.35 Jerry Maguire		8.00 Jackie			9.45 A Star Is Born		
	311 SCI-FI	‹ 6.00 Children of Men		8.00 Us				10.00 Mickey 17	
	313 FILM4	‹ 6.45 Entrapment				9.00 Erin Brockovich			
SPORT	401 MAIN EVENT	‹ 6.00 Tennis – Live: The Indian Wells Open							
	402 PREMIER LEAGUE	7.00 Netbusters	7.30 PL Stories	8.00 Premier League 360 – Big Sam's Bolton				10.00 PL Review	
	403 FOOTBALL	‹ 6.30 Bundesliga...	7.30 EFL Goals		8.30 EFL Cup...	9.00 EFL Highlights			10.30 Bundesliga...
	405 CRICKET	‹ 5.00 ICC Men's T20 World Cup							10.30 Best of ICC...
	410 TNT SPORTS 1	‹ 6.30 Emirates FA Cup – Live: West Ham United v Brentford (Kick-off 7.30)							10.15 Sign Up – Into Football
	411 TNT SPORTS 2	‹ 5.00 World Baseball Classic – Live: Great Britain v Brazil			8.30 Women's Test Match Cricket		9.30 Fight Week	10.00 UFC	

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x

Monday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Bear Grylls: Wild Reckoning** New edition A broken friendship. ■ Entire series on BBC iPlayer
2.30 **Amanda & Alan's Spanish Job** (R)
3.00 **Escape to the Country** New edition From Scotland. (S)
3.45 NEW SERIES **The Repair Shop on the Road** Memorial plaques. (S) ■ Entire series on BBC iPlayer
4.30 NEW SERIES **The Finish Line** (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Death in Paradise

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** The pressure grows for Mark, Lauren feels worried, and Phil avoids a situation. (S)(AD)

8 PM

8.00 **Panorama: Dangerous Dogs – Is the Ban Working?** An update on the Government ban on XL Bully dogs. (S)
8.30 **Would I Lie to You?** Series finale 10/10. With Nabil Abdulrashid, Alex James, Nella Rose and Lou Sanders. (S)

9 PM

9.00 **Death in Paradise** New episode 6/8. Mervin stumbles on a shooting on Antigua that his brother and an associate are involved with. *See feature, page 7.* (S15) (S)(AD) ■ Continues on Friday

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW SERIES **Trying** 1/8. Comedy drama starring Rafe Spall and Esther Smith. Jason resigns himself to Tyler being separated from his sister, so he decides to give the kids a memorable time. (S3) (S)(AD)
11.05 **Trying** New episode 2/8. Jason discovers their landlord has decided to sell up. (S3) (S)(AD)
11.30 **Have I Got News for You** Satirical quiz hosted by Alexander Armstrong, with guests Steph McGovern and Phil Wang. (S)(R)
12.05 AM FILM **Road House** Action drama starring Patrick Swayze. (S) (1989, 18, 110min) ★★★
1.55 **Weather for the Week Ahead** (S)
2.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.40 AM **Sign Zone: Dragons' Den** (R)
7.40 **Match of the Day: FA Cup** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Unbeatable** Game show. (S)(R)
2.30 **The Boss** Quiz show. (S)(R)
3.15 NEW SERIES **Weatherman Walking** Derek Brockway heads for the hills above Aberdyfi. (S)
3.30 **New Zealand: Earth's Mythical Islands** Documentary. (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** (R)
5.15 **Flog It!** From Malvern. (S)(R)
6.00 **Richard Osman's House of Games** New edition Quiz. (S)
6.30 **Do You Know Your Place?** New edition Host Vernon Kay and tour guide Paul Gorton are joined by Owain Wyn Evans, Abby Cook and Greg Rutherford in Belfast. (S)

9.00 AI Confidential with Hannah Fry

7 PM

7.00 **Global Eye** Featuring investigations from BBC correspondents across the world. (S)
7.30 **Grand Tours of Scotland's Lochs** 2/6. Paul Murton explores northern Loch Fyne. (S)(R)

8 PM

8.00 **Mastermind** New edition Specialist subjects include *Fleabag* and Michael Faraday. (S)
8.30 **University Challenge** New edition University of Sheffield face Imperial College London in the quarter-finals. (S)

9 PM

9.00 **AI Confidential with Hannah Fry** Series finale 3/3. The mathematician explores the link between a controversial AI algorithm and the case of Luigi Mangione. (S)(AD) ■ Entire series on BBC iPlayer

10 PM

10.00 **Small Prophets** New episode 5/6. Kacey and Michael exhume the prophets from the manure. (S1) (S)(AD) ■ Entire series on BBC iPlayer
10.30 **Newsnight** (S)
11.00 **Hostage** 1/3. Documentary about the fate of two photojournalists kidnapped in Syria. (S)(R)(AD)
12.00 M'T FILM **The Last Black Man in San Francisco** Drama starring Jimmie Fails. A young man yearns to reclaim a sense of belonging in San Francisco, and sets out to recover his childhood home. (S) (2019, 15, 115min) ★★★★
1.55 AM **Sign Zone: Silent Witness** (R)
2.55 **Sign Zone: Countryfile** (S)(R)
3.50 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
12.30 PM **ITV News** (S)
12.55 **Local News** (S)
1.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Fern Britton, Dominic Brunt and Kelle Bryan trying to guess the familiar phrases. (S)(R)(AD)
2.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
3.00 **Riddiculous** New edition Quiz show hosted by Ranvir Singh. (S)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Gone

7 PM

7.30 **Fletchers' Family Farm** It is all hands on deck as a break in the weather offers a chance to save the valuable harvest, while the family witness eight piglets being born, but the older ones wreak havoc with the farm's water supply. (S)(R)(AD)

8 PM

8.00 **Emmerdale** Sarah sets Cain straight, while Liam urges Cain to inform Moira, who then struggles with the news. (S)(AD)
8.30 **Coronation Street** Theo uses his birthday to make Todd pay. (S)(AD)

9 PM

9.00 **Gone** New episode 2/6. Annie is struck by Michael's strangeness in the wake of an awful discovery, while Alana seeks comfort from her father, but he appears to be in denial. (S1) (S)(AD) ■ Entire series on ITVX

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 NEW **It's Showtime** Documentary telling the story of a group of working-class men from the north-east of England who got drunk one night and bought a racehorse – a decision that would change their lives for ever. (S)(AD)
12.05 AM **Teleshopping**
3.00 **Shark! Celebrity Infested Waters** 5/5. The celebrities come to the end of their fast-track training to dive with 18ft tiger sharks and relocate to the world-famous dive site of Tiger Beach. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Alan Titchmarsh's Gardening Club** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.35 AM **Cheers** 16-18/26. (S10) (S)(R)
8.00 LIVE **Winter Paralympics** The opening events on day three. (S)
10.30 LIVE **Winter Paralympics** Ed Jackson and Billy Monger host coverage of day three. (S)(AD)
12.45 PM **News** (S)
12.50 LIVE **Winter Paralympics** Further coverage of day three, including Italy v Great Britain in the round-robin stage of the wheelchair curling mixed doubles. (S)(AD)
3.40 **Countdown** New edition (S)
4.30 **A New Life in the Sun** (S)(R)
5.30 **Four in a Bed** New edition From The Courtyard in Falkirk. (S)
6.00 **Come Dine with Me** New edition Palliative care nurse Pauline hosts the first night from Manchester. (S)
6.30 **Winter Paralympics Highlights** Action from day three. (S)(SL)

8.00 Batch from Scratch

7 PM

7.00 **News** (S)
7.55 **The Political Slot** Susan Murray, MP for Mid Dunbartonshire, sets out the Liberal Democrats' campaign for a new health centre in Milngavie. (S)

8 PM

8.00 **Batch from Scratch: Cooking for Less** New edition In Oxfordshire, Joe and Suzanne help the Sellers salvage their mealtimes from the chaos of long working hours and daily post-commute supermarket trips. (S)(AD)

9 PM

9.00 **Handcuffed: Last Pair Standing** New edition Horse trainer and countryside campaigner Claire is handcuffed to Bambi, a model and content creator who loves the easy life. (S)(AD) ■ Continues tomorrow

10 PM

10.00 **Japan's Tsunami: Caught on Camera** Amateur footage and eyewitness accounts telling the story of the earthquake and subsequent tsunami that caused devastation in Japan in March 2011. (S)(R)
11.25 **Super Surgeons: A Chance at Life** Surgeons remove a tumour between a man's oesophagus and stomach. (S)(SL)(R)(AD)
12.25 AM **Emergency Helicopter Medics** Documentary. (S)(R)(AD)
1.25 **Ramsay's Kitchen Nightmares USA** From New York. (S)(SL)(R)
2.15 **No Other Land** (S)(R)
3.50 **Location, Location, Location** (R)
4.45 **Hollyoaks Omnibus** (S)(SL)(R)
5.55 **to 6.35** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Good Ship Murder** 6/7. A 1980s rock band reunion ends in death. (S2) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Singer Gaynor gets ready for a big comeback gig as a country music act. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition A boy who has raised thousands of pounds for nature charities. (S)
6.05 **Susan Calman's Grand Day Out** The comedian explores the Channel Islands. (S)(R)
6.55 **News** (S)

8.00 Motorway Cops

7.00 **Celebrity Puzzling** New edition Jeremy Vine hosts, with guests Colson Smith and Colin Jackson joining captains Sally Lindsay and Carol Vorderman. (S)
7.55 **News** (S)

8.00 **Motorway Cops: Catching Britain's Speeders** New edition Sgt Tom Elvidge races to Driffield in East Yorkshire after a white transit van attempts to ram a police car off the road. (S)

9.00 **Police Interceptors: Taking Down the Shoplifting Gangs** New edition Officers in Burnley pursue two brothers whose campaign of shoplifting is out of control. (S)

10.00 **999: Police Hour of Duty** Officers search for a man reported missing by his partner, while detectives question a man who is alleged to have been grooming a 14-year-old boy. (S)(R)

11.05 **Traffic Cops** Officers attend a traffic collision in bad weather which has left a motorcyclist trapped under a car. (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **Teleshopping** (S)(R)
2.30 **Friends** (S3) (S)(R)(AD)
2.55 **The Yorkshire Vet** (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S1) (S)(R)
9.00 **NCIS: Los Angeles** (S13) (S)(R)
10.00 **Will & Grace** (S1) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **David Attenborough's Kingdom of Plants** (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
2.00 **NCIS: Los Angeles** (S13) (S)(R)
3.00 **S.W.A.T.** 10/22. (S1) (S)(R)(AD)
4.00 **Police 24/7** (S)(R)
5.00 **The Simpsons** *Monty Burns' Fleeing Circus:* Mr Burns puts on a variety show. (S)(R) **5.30** *Friends and Family:* Homer finds a new female friend. (S)(R)
6.00 **The Office (US)** 15/19. Dwight and Michael visit Ryan. (S)(R) **6.30** 16/19. Stanley rudely talks back to Michael. (S4) (S)(R)

10.00 Rooster

7.00 **The Simpsons** *The Town:* Homer takes the family to Boston to show them how awful it is. With the voice of Bill Burr. (S)(R) **7.30** *Trust But Clarify:* Bart and Lisa investigate Krusty's new candy. (S)(R)

8.00 **Agatha Raisin** *Agatha Raisin and the Fairies of Fryfam – Part One:* 3/6. The sleuth is hired to prove that a woman's wealthy husband is having an affair – but it soon turns into a case of murder (S)(R)(AD)

9.00 **Agatha Raisin** *Agatha Raisin and the Fairies of Fryfam – Part Two:* 4/6. There is no rest for the sleuth as her Norfolk murder investigation takes a dramatic turn. (S2) (S)(R)(AD)

10.00 NEW SERIES **Rooster** *Release the Brown Fat:* 1/10. Comedy starring Steve Carell and Charly Clive. *See feature, page11.* (S1)
10.40 **Last Week Tonight with John Oliver** New edition A satirical look at news and pop culture.
11.25 **Grimm** 10/22. Nick investigates a plot involving vulture-like monsters and harvesting organs from teenagers. (S1) (S)(R)
12.20 AM **Police 24/7** (S)(R)
1.10 **Road Wars** (R)
2.00 **The Dyers' Caravan Park** New edition 4/6. The Dyers face pushback from the locals.
3.00 **Hawaii Five-0** 10/24. (S1) (S)(R)
4.00 **S.W.A.T.** 10/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
8.30-9.00pm Banjo and Ro's Grand Island Hotel **10.40** Jules and Greg's Wild Swim **11.10** Trying **12.05am** Scotcast **12.35** Have I Got News for You **1.05** Weather for the Week Ahead **1.10-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00pm Jane Rea's Bloomin' Wild **8.30-9.00** Panorama: Dangerous Dogs: Is the Ban Working? **10.40** Men of the Manosphere **11.40** Would I Lie to You? **12.10am** Trying **1.10-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
8.00-8.30pm Scrum V Top 5 – Nigel Owens **10.40** Panorama: Dangerous Dogs: Is the Ban Working? **11.10** Trying **12.05am** The Truth About My Murder **12.45** Have I Got News for You **1.15-6.00am** BBC News

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Cumasc: Seisiúin sa Black Gate **11.00** Small Prophets **11.30pm-12.00m't** One Foot in the Grave

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Heno **1.00** Prosiect Pum Mil **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Am Dro! **4.00** Awr Fawr **5.00** Stwnsh **6.00** Codi Hwyl: Llydaw **6.30** Rownd a Rownd **6.57** Newyddion **7.00** Heno **7.30** Newyddion a'r Tywydd **8.00** Y Byd ar Bedwar **8.25** Ciao! Colleen Ag Owain **8.55** Newyddion a'r Tywydd **9.00** Cefn Gwlad **9.33** Y Tywydd **9.35** Sgorio **10.05** Mike Bubbins: Un Mewn Miliwn **11.05-11.30pm** Ar Led

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

7.00 PM **The Catch Up**
7.05 **Waterloo Road** 1/8. First episode of the drama set in a comprehensive school in Greater Manchester, starring Jason Merrells. **8.00** 2/8. Donte and Chlo are plagued with severe guilt over their involvement in a fatal car crash. (S1)
9.00 FILM **Blade Runner 2049** Denis Villeneuve's sci-fi thriller, the sequel to Ridley Scott's 1982 classic, starring Ryan Gosling and Harrison Ford. An android-hunter uncovers a secret and goes in search of the missing detective connected to the case. With Ana de Armas. (2017, 15, 164min) ★★★★★
11.30 **Men of the Manosphere** A look at why some young men are looking up to male social media influencers.
12.30 AM **EastEnders Investigates: The Manosphere** Examining the issue of toxic masculinity.
1.00 **to 4.00** AM **Tommy: The Good. The Bad. The Fury**

BBC4

116 119 107/108 9/24 106 108 11

7.00 PM **Seven Worlds, One Planet** David Attenborough looks at the wildlife of Asia.
8.00 **Raiders of the Lost Past with Janina Ramirez** A young explorer who found the world's oldest city.
9.00 **Call My Bluff** With guests Prunella Gee, Humphrey Burton, Hannah Gordon and Bryan Marshall.
9.30 **Face the Music** With Joyce Grenfell, Brian Redhead and Alvar Lidell, and guest musician David Atherton.
10.00 **The Secret Rules of Modern Living: Algorithms** Marcus du Sautoy demystifies the hidden world of algorithms.
11.00 **Bridget Riley: Painting the Line** Kirsty Wark profiles the artist.
12.00 M'T **Nature and Us: A History Through Art**
1.00 AM **Seven Worlds, One Planet** As 7.00pm.
1.30 **Face the Music**
2.30 **to 3.30** AM **Raiders of the Lost Past with Janina Ramirez**

MORE4

136/137 127 147 18 124 15

8.55 AM **The Perfect Pitch**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Fuzz Townshend and Tim Shaw secretly restore a BMW 2002 Turbo. **5.50** Fuzz and Tim work on a Vauxhall Astra GTE.
6.50 **The Dog House Australia** Ollie and his family search for a forever friend, while Jaran could become Liz and Scott's first ever dog.
7.55 **Grand Designs** A couple are planning to build a 21st-century version of a historic longhouse in the remote Derbyshire Dales.
9.00 **Our Farm Next Door: Amanda, Clive and Kids** 3/5. As Christmas looms, Amanda and her family face re-roofing Anty John's during a Dales winter, which follows a wet and stormy autumn.
10.00 **24 Hours in A&E** A builder falls at work and dislocates his shoulder in such an unusual way it takes a five-strong team to pull it back into place.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line** Documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Goldbergs**
9.00 **Modern Family**
10.00 **The Simpsons**
11.30 **Ramsay's Kitchen Nightmares USA**
1.30 PM **The Simpsons**
2.30 **Modern Family**
3.30 **Married at First Sight UK: Reunion Special**
5.00 **Celebrity Coach Trip**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** Dillon leans on Lucas for support.
7.30 NEW SERIES **Married at First Sight Australia** A fresh group of singles take their final steps toward marrying complete strangers.
9.35 NEW SERIES **Laid** 1/8. Comedy with Stephanie Hsu and Zosia Mamet. When Ruby hears that a guy she dated has died, she goes to his funeral to make up for how badly she treated him. (S1)
10.20 **Gogglebox** Opinions on *Only Connect* and *Fall*.
11.20 **Gogglebox**
12.25 AM **First Dates**
1.30 **Married at First Sight Australia** As 7.30pm.
3.20 **The Simpsons**
4.35 **to 6.00** AM **Don't Tell the Bride: Revisited**

Monday

primetime

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
9.00 **Send in the Dogs**
10.00 **Air Ambulance ER**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 10/13. (S6)
1.00 PM **The Rookie** 7/20. West and Bradford are tasked with a community policing project. **2.00** 8/20. Two of the rookies receive special awards. (S2)
3.00 **Law & Order: Criminal Intent** 17/23. A senator's daughter is murdered. (S2)
4.00 **Nothing to Declare**

9.00 Law & Order: Criminal...

7 PM
7.00 **Police 24/7** Officers use a pin manoeuvre to catch a couple suspected of stealing a truck.

8 PM
8.00 **Caught on Dashcam** Outrageous road disasters captured via dashboard cameras.

9 PM
9.00 **Law & Order: Criminal Intent** *One:* 1/22. A bungled diamond robbery leaves three bystanders dead. (S1)

10 PM
10.00 **The Equalizer** *True Believer:* 9/10. A wife reports her husband's involvement in a city bombing. (S1)
11.00 **FBI** 9&7/13. (S6)
1.00 AM **Law & Order: Criminal Intent** 5/8. (S10)
2.00 **The Rookie** New episode (S8)
3.00 **Road Wars**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.55 **The Sopranos** 5&6/13. (S1)
10.00 **The Gilded Age** Eight episodes, including at: **2.15** PM 8/9. Peggy reveals the truth about her past. **3.20** 9/9. Ada and Aurora rush to stop Marian. (S1) **4.35** 1/8. Bertha Russell receives some bad news. **5.45** 2/8. George informs Oscar of his decision. (S2)
6.45 **Game of Thrones** 2/10. The day of King Joffrey's wedding to Margaery Tyrell arrives. (S4)

9.00 DTF St Louis

7.55 **Game of Thrones** *Breaker of Chains:* 3/10. Dontos spirits Sansa out of King's Landing, Tywin has an offer for Oberyn Martell, while Jon proposes a plan. (S4)

9.00 **DTF St Louis** New episode *Snag It:* 2/7. After meeting at the cornhole party, Clark quickly hits it off with Floyd's wife Carol. (S1)

10.10 **All Her Fault** 2/8. Marissa and Jenny work to raise awareness and a press conference turns ugly. (S1)
11.10 **The Wire** 6/13. Omar is determined to help the police bring Barksdale to justice and agrees to testify. (S1)
12.20 AM **True Blood** 6/12. (S1)
1.20 **Game of Thrones** (S4)
4.35 **In Treatment** (S2)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
7.55 **Billie and Greg: Family Diaries**
8.55 **The Only Way Is Essex**
9.55 **Real Housewives of Miami**
10.50 **Real Housewives of Beverly...**
11.55 **Ant & Dec's Limitless Win**
1.00 PM **Wheel of Fortune**
2.00 **The Only Way Is Essex**
3.00 **Real Housewives of Cheshire**
4.00 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

10.00 The 1% Club

7.00 **Wheel of Fortune** Graham Norton hosts as contestants compete for the chance to spin the wheel and win big money.

8.00 **Ant & Dec's Limitless Win** A married couple continue their game, then a father and daughter take on the money ladder.

9.00 **The Princess Diaries** New edition 2/4. Princess steps out of her comfort zone, signing up for singing lessons and a dating app.

10.00 **The 1% Club** Quiz show hosted by Lee Mack in which all the questions are based around logic and common sense.
11.05 **Family Guy** 20&14/20. (S18)
12.05 AM **American Dad!** New episode 20/22. Steve starts a social media site. (S20)
12.35 **American Dad!** 7/22. (S16)
1.05 **The Princess Diaries**
2.05 **Plebs** 4/8. (S2)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.20 PM **Midsomer Murders** *Market for Murder:* A prominent villager is battered to death.
3.30 **Classic Emmerdale**
4.35 **Classic Coronation Street**
5.45 **Heartbeat** *The Hospital Job:* A search for some stolen antiques puts Mason and Wetherby in grave danger.

6.50 Heartbeat

6.50 **Heartbeat** *Ups and Downs:* Carol is smitten with a visitor, but the police suspect he could be involved in burglaries.

8.00 **Midsomer Murders** *Dressed to Kill:* A dominoes player is found dead after friction is caused in Elverton-cum-Latterly when a charity drag event is held at the same time as an annual tournament.

10.00 **Endeavour** *Scherzo:* Morse and the team are called to investigate the murder of a taxi driver found dead in his cab on the outskirts of Oxford.
11.50 **A Touch of Frost** *Deep Waters:* A student is attacked, and Jack takes time off from questioning two robbery suspects to catch the thug responsible.
1.50 AM **On the Buses**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.10 **Magnum, PI**
9.10 **Kojak**
10.10 **Boon**
11.25 **The Sweeney**
12.30 PM **Dempsey and Makepeace**
1.35 **Magnum, PI**
2.35 **Kojak**
3.40 **Boon**
4.45 **The Sweeney** *Down to You, Brother:* Regan fears he is being exploited by a criminal.
5.55 **Minder** *The Car Lot Baggers:* Arthur's friend is threatened. Guest stars Jimmy Nail.

10.00 Kill Bill: Vol. 1

7.00 **Aussie Pickers** Lucas Callaghan and Adam McDonald explore a sprawling property owned by a larrikin demolisher.

8.00 **The Motorbike Show** Henry Cole goes riding in the Yorkshire Dales and tells the story of American motorcycle brand Indian.

9.00 **Ice Road Truckers** Lisa Kelly leads George Spears and Tim Freeman up Two and a Half Mile Hill to Deadhorse.

10.00 **FILM Kill Bill: Vol. 1** Quentin Tarantino's action thriller starring Uma Thurman and Lucy Liu. (2003, 18, 110min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
12.10 AM **FILM Creed III** Boxing drama sequel starring Michael B Jordan and Tessa Thompson. (2023, 12, 116min) ★★★★
2.10 **Lost** 11/25. (S1)
3.00 **Teleshopping**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: This Farming Life**
3.00 **Sign Zone: Designing the Hebrides** Double bill.
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Our Lives: Sarah the Lumberjill** Documentary.
8.00 **Life on the Bay**
9.00 **Designing the Hebrides** Banjo Beale transforms the interior of a pub on the tiny island of Easdale. **9.30** Transforming an apothecary on the Isle of Harris.
10.00 **River City** New episode Scarlett causes a rift between Bob and Alice.
10.30 **Two Doors Down** 4/6. Colin throws a birthday party for his father. (S2)
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Limmy's Show** 5/6. Two puppets cause havoc. (S3)

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
9.00 **Ballers** 9&10/10. (S3)
10.15 **Sex and the City** (S4)
11.30 **Entourage** (S6)
12.30 PM **Will & Grace** (S7)
1.30 **Sex and the City** (S4)
2.45 **Ballers** 1&2/10. (S1)
3.55 **And Just Like That...**
4.45 **The Office (US)** (S4)
5.45 **Will & Grace** (S7)
6.45 **Community** (S2)
7.45 **Sex and the City** 15/18. Carrie worries about her forthcoming wedding. **8.20** 16/18. Carrie panics when she is threatened with eviction. (S4)
9.00 **Real Time with Bill Maher** New edition The comedian and guests discuss the week's events.
10.10 **And Just Like That...** 2/11. Carrie struggles with a script. (S2)
11.10 **Community** (S2)
12.10 AM **Entourage** (S6)
1.10 **Ballers** 7&8/10. (S3)
2.25 **Curb Your Enthusiasm**
3.05 **to 5.00** AM **Veep**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **LSO: Inaugural Concert 2024 – Sir Antonio Pappano**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Stories from the National Gallery**
3.00 **Landscape Artist of the Year** The Falkirk Wheel.
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: At Schonbrunn, Vienna** The violinist performs pieces including *Roses from the South*.
11.10 **Comedy Legends**
12.10 AM **I Am Richard Pryor**
2.00 **Statues Redressed**
4.00 **Landmark**
5.00 **Auction: Jackie Kennedy Special**
5.30 **to 6.00** AM **Auction**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 16/20. (S1)
5.00 **Stargate SG-1** (S3)
6.00 **Star Trek: Voyager** (S7)
7.00 **Star Trek: The Next Generation** 24/26. (S7)
8.00 **Primeval** 2/10. Jenny, Connor and Abby visit a haunted house. (S3)
9.00 **FBI** 1/13. (S6)
10.00 **FBI: Most Wanted** (S1)
11.00 **Grimm** 5/13. (S6)
12.00 M'T **Warrior** 10/10. (S1)
1.00 AM **The Force: Manchester**
2.00 **Brit Cops: War on Crime**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Five friends take part in the quiz show.
3.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six new contestants the chance to win a fortune.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Jackie tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson hosts the quiz in which another line-up of contestants answer the questions that could change their lives.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.50 AM **Tenable** Quiz.
1.45 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Location, Location, Location** In Maidenhead.
10.00 **Our Welsh Chapel Dream** A derelict chapel.
11.00 **Come Dine with Me**
11.30 **Four in a Bed**
12.00 NOON **A New Life in the Sun** From Spain.
1.00 PM **A Place in the Sun: Home or Away**
2.00 **A Place in the Sun: What Happened Next?**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **Location, Location, Location** From Glasgow.
7.00 **Our Welsh Chapel Dream** A derelict chapel.
8.00 **Love It or List It**
9.00 **Gogglebox**
10.00 **First Dates**
11.05 **Rhod Gilbert: The Book of John**
12.40 AM **Millionaire Hoarders**
1.45 **Super Surgeons: A Chance at Life**
2.50 **Lake District Rescue**
3.50 **to 4.50** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 15/26. (S6)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 16/26. (S6)
2.00 **Primeval** 4&5/7. (S4)
4.00 **Stargate SG-1** 8/22. (S3)
5.00 **Star Trek: Voyager** 18/26. A member of the Q continuum boards the ship. (S2)
6.00 **Star Trek: The Next Generation** 15/26. Picard passes into the afterlife. (S6)

8.00 Stargate SG-1

7.00 **Star Trek: Deep Space Nine** *Change of Heart:* 16/26. Dax is critically injured during a hazardous mission. (S6)

8.00 **Stargate SG-1** *Demons:* 8/22. The team try to protect a medieval world, only for them to be mistaken for demons. (S3)

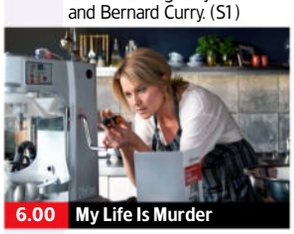
9.00 **Westworld** *Decoherence:* 6/8. As the world falls into chaos, Serac gains control of Delos, changing Charlotte's plan. (S3)

10.00 **The Leftovers** *Certified:* 6/8. Nora finds an unlikely ally in her quest, while Laurie attempts to track down Kevin. (S3)
11.00 **Wynonna Earp** 9/12. The town plays host to a quiz. (S4)
12.00 M'T **True Blood** 11/12. Russell invades the burlesque club. **1.00** AM 12/12. Eric leads a desperate mission to stop Bill and the Authority. (S5)
2.00 **Primeval** 4&5/7. (S4)
4.00 **Wynonna Earp** As 11.00pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** As 4.00pm.
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **My Life Is Murder** (S1)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S13&14)
4.00 **The Mentalist** 3/23. Patrick uses controversial tactics to catch a killer. (S1)
5.00 **Hudson & Rex** 16/16. Jesse's music teacher is killed. (S6)
6.00 **My Life Is Murder** 1/10. Crime drama starring Lucy Lawless and Bernard Curry. (S1)


6.00 My Life Is Murder

7.00 **Father Brown** *The Sins of Others:* Sid vows vengeance on his former defence barrister.

8.00 **Death in Paradise** *Melodies of Murder:* 8/8. A reggae band's reunion concert is blighted when the guitarist is killed. (S7)

9.00 **Father Brown** *The Kembleston Players:* The priest investigates when play rehearsals for are derailed by a death.

10.00 **Death in Paradise** *Murder on the Airwaves:* 7/8. A radio presenter is murdered live on air. With Richard Blackwood. (S8)
11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise**
1.00 AM **My Life Is Murder**
2.00 **Murdoch Mysteries** 18/18. After a shocking death, Murdoch thinks that someone close to home is involved. (S13)
3.00 **to 4.00** AM **The Diplomat**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Highlights**
9.10 **Are You Being Served?**
9.50 **Last of the Summer Wine**
11.10 **Hi-de-Hi!**
11.50 **Porridge**
12.30 PM **Keeping Up Appearances**
1.10 **The Green Green Grass**
1.50 **Dad's Army**
2.25 **Hi-de-Hi!**
3.10 **Are You Being Served?**
3.50 **Porridge**
4.25 **Dad's Army**
5.05 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

7.00 Porridge

7.00 **Porridge** The inmates discover that there is a thief in their midst.
7.40 **Dad's Army** Mainwaring lands himself in trouble with Warden Hodges.
8.20 **Are You Being Served?** Mr Humphries finds himself accused of dipping his hand in the till..

9.00 **Bottom** The boys visit a dating agency to fix up Richie – who anticipates a night of unbridled passion. **9.40** Desperate duo Richie and Eddie try to improve their sex lives.
10.20 **Men Behaving Badly** Gary agrees to see a relationship counsellor.
11.00 **Live at the Apollo** Stand-up show hosted by Hal Cruttenden.
12.00 M'T **Bottom** Double bill.
1.20 AM **Men Behaving Badly**
2.00 **Live at the Apollo**
2.45 **Don't Wait Up**
3.30 **to 4.00** AM **The Green Green Grass**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers' Best of British** Wartime food.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
11.00 **Rick Stein's Fresh Food**
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **World's Most Dangerous Roads** From Guatemala.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Fresh Food** Caribbean fruit and vegetables. **6.30** Billingsgate fish market.

9.00 Will & Ralf Should Know...

7.00 **Would I Lie to You?** Memorable moments from the comedy panel show.
7.40 **Richard Osman's House of Games** With Catherine Bohart and Ranj Singh. **8.20** With guests Melvin Odoom, Denise Van Outen, Angela Barnes and Greg Rutherford.

9.00 **Will & Ralf Should Know Better** Series finale 6/6. The duo face their fears, including performing stand-up comedy.

10.00 **QI XL** Host Stephen Fry is joined by Sandi Toksvig, Aisling Bea, Susan Calman and regular panellist Alan Davies.
11.00 **Taskmaster** Sian Gibson seeks to redefine the definition of 'bounce'.
12.00 M'T **Mock the Week** With Gary Delaney and Miles Jupp.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Hate Thy Neighbour**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.40 **The Bill**
8.35 **Doctors**
9.45 **Classic Holby City**
10.45 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.10 **All Creatures Great and Small** The Herriots give Highland dancing a fling.
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Birds of a Feather**
6.00 **Last of the Summer Wine**

8.00 Judge John Deed

7 PM
7.20 **Last of the Summer Wine** Auntie Wainwright puts some lightweight scaffolding up for sale, giving Truly an idea.

8 PM
8.00 **Judge John Deed** *My Daughter, Right or Wrong:* Charlie defends an animal rights activist accused of murdering a scientist – a case that will be heard before her father. Meanwhile, Jo's relationship with Marc Thompson creates tension.

9 PM

10 PM
10.00 **New Tricks** *Creative Problem Solving:* Jack investigates when a diamond worth millions is discovered in a flat.
11.20 **Shakespeare & Hathaway: Private Investigators** 10/10. Frank and Lu make some unlikely allies when they meet a pair of gangsters. (S2)
12.20 AM **Dalziel & Pascoe**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **Copper**

+1 hour 243 316 60 260

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 18–20/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Power Down:* 8/24. An attempted robbery leads to the death of a lieutenant. **7.00** *Child's Play:* 9/24. The agents investigate a government organisation dedicated to child prodigies while looking into a Marine's death. **8.00** *Faith:* 10/24. A Marine is killed after changing his religious persuasion. (S7) **9.00** New episode *Out of Control:* 8/20. The Naval Criminal Investigative Service look into a murder related to a car that began driving on its own. (S22)
10.00 **Law & Order: Special Victims Unit** (S22)
1.45 AM **Blue Bloods** (S10)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Rogue Claimers**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** There is a shortage of porters.
9.00 **Ambulance: Code Red** A man has a leg injury after a forklift accident.
10.00 **A&E After Dark** A man is involved in a motorbike collision with a deer.
11.00 **Skin A&E**
12.00 M'T **Plastic Surgery Knifemares**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
3.00 **Skin A&E**
3.35 **to 4.00** AM **Eggheads**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Winter Road Rescue**
9.40 **Traffic Cops**
10.40 **Police Interceptors**
12.40 PM **FILM Kansas Raiders** Western. (1950, PG, 80min) ★★
2.20 **FILM Decision at Sundown** Western. (1957, PG, 77min) ★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
8.00 **Police Interceptors** Police hunt for two men armed with machetes and a sawn-off shotgun.
9.00 **Highway Thru Hell**
10.00 **Motorway: Hell on the Highway** Documentary.
11.00 **The X-Files** 1/24. (S1)
12.00 M'T **Mud Mountain Haulers** Documentary.
1.00 AM **Outback Truckers**
2.00 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **Find It, Fix It, Flog It**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **The Supervet: Noel Fitzpatrick** Double bill.
6.00 **DIY SOS: The Big Build**
8.00 **The Supervet: Noel Fitzpatrick** Noel treats a French bulldog called Dave with a spinal deformity. **9.00** Noel treats a fox red Labrador puppy with lameness. **10.00** Noel discovers a spaniel has a collapsed disc and elbow arthritis.
11.00 **Nurses Down Under**
12.00 M'T **Louis Theroux: Law & Disorder in Lagos**
1.00 AM **Louis Theroux: Life on the Edge**
2.00 **to 3.00** AM **Back from the Dead: Who Kidnapped Me?**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Coastal Railway Journeys**
8.00 **Bangers & Cash**
10.00 **War Factories**
11.00 **Rise of the Nazis**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **War Factories**
5.00 **Rise of the Nazis**
6.00 **Antiques Roadshow**
7.00 **The Americas with Simon Reeve** Simon travels down the Rocky Mountains from Montana to Colorado.
8.00 NEW SERIES **Dom Chinea's Cornish Workshop** Dom makes the move of his life to the far west of Cornwall.
9.00 **Indian Ocean with Simon Reeve** From Sri Lanka to Bangladesh.
10.00 **Bangers & Cash**
2.00 **to 3.00** AM **Agatha Christie: Lucy Worsley on the Mystery Queen**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Yorkshire Auction House**
4.00 **Long Lost Family**
6.00 **Money for Nothing**
7.00 **Salvage Hunters** An extraordinary collection of American automobilia.
8.00 **Antiques Road Trip** Raj Bisram and Irita Marriott take a ride around Suffolk and Norfolk.
9.00 **Secret Life of the Auction House**
10.00 **The Yorkshire Auction House** From Coventry.
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

MONDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 19–21/22. (S9)
1.00 PM **The Waltons** (S4)
3.00 **Ballykissangel** (S7)
4.10 **Born and Bred** (S2)
5.20 **Doctor Finlay** 7/7. (S3)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** Seven episodes, including at: **8.30** 3/24. Frank bullies Hawkeye into a new role. **9.00** 4/24. General Kelly's demise is given a heroic spin. **9.30** 5/24. Hawkeye struggles in vain to save a soldier's life. **10.00** 6/24. Love is on the airwaves. **10.30** 7/24. Trapper gets an ulcer. (S3)
11.00 **The New Avengers** (S1)
12.00 M'T **The Avengers** (S6)
1.00 AM **M*A*S*H** (S3)
2.25 **Home to Roost** (S4)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM FILM **Deadly Voltage** Adventure. (2015, PG, 84min) ★★
11.00 **The Baron** 20/30. (S1)
12.00 NOON FILM **An Eye for an Eye** Western drama. (1966, PG, 91min) ★★
2.25 PM FILM **The Big Lift** Drama. (1950, b/w, PG, 119min) ★★★
5.00 **The High Chaparral**
6.00 **The New Avengers** (S2)
7.00 **The Avengers** (S5)
8.00 **The Baron** 21/30. (S1)
9.00 FILM **Daylight** Thriller with Sylvester Stallone. (1996, 12, 114min) ★★★
11.35 FILM **Super Eruption** Action disaster movie. (2011, 15, 89min) ★★
1.25 AM **The Baron** (S1)
2.25 **The New Avengers** (S2)
3.15 **Police Ten 7**
3.45 FILM **Ride in the Whirlwind** Western. (1966, PG, 83min) ★★
5.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM FILM **An Aurora Teagarden Mystery: A Bone to Pick** Drama. (2015, PG, 84min) ★★
10.05 **Unforgettable** (S1)
11.05 **Castle** 11/23. (S7)
12.05 PM FILM **Nelly Knows: A Fatal Engagement** Mystery. (2024, PG) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 12/23. (S7)
8.00 **Unforgettable** (S1)
9.00 **In Plain Sight** 1/12. (S1)
10.45 FILM **Chronicle Mysteries: Helped to Death** Crime drama. (2021, PG, 85min) ★★
12.40 AM FILM **An Aurora Teagarden Mystery: Reap What You Sew** Drama. (2018, PG) ★★
2.25 FILM **Her Son's Deadly Secret** Thriller. (2018, PG, 87min) ★★
4.05 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM FILM **One Perfect Wedding** Romance. (2021, PG, 84min) ★★
10.15 FILM **My One and Only** Drama. (2019, PG) ★★
12.10 PM FILM **The Happiness Playbook** Comedy. (2023, U, 89min) ★★
2.05 FILM **The Way to the Heart** Comedy drama. (2022, PG, 86min) ★★
4.05 FILM **With Love, Your Sweetly Salted** Drama. (2023, U, 91min) ★★
6.05 FILM **Cabin Connection** Drama. (2022, PG) ★★
8.00 FILM **Love By Design** Drama. (2023, PG) ★★
9.55 FILM **This Little Love of Mine** Romantic drama. (2021, U, 91min) ★★
11.55 FILM **Mistletoe Over Manhattan** Fantasy. (2011, U, 90min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **With Love, Your Sweetly Salted** As 4.05pm.

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Our Land**
12.15 PM **My Greek Kitchen**
12.45 **Edwardian Farm**
2.00 **The Greatest Auction**
3.00 **My Greek Kitchen**
4.00 **Supermarket Secrets Revealed**
5.00 **Edwardian Farm**
6.15 **Marcus Wareing's Tales from a Kitchen Garden**
7.00 **LumoTV: Crafty Champions**
7.30 **My Greek Kitchen**
8.00 **The Greatest Auction**
9.00 **Me and My Affair**
10.00 **LumoTV: Crafty Champions**
10.30 **Queer Lives Today**
11.00 **Sex Secrets: Sex in Lockdown**
12.00 M'T FILM **Lion of the Desert** Period drama. (1980, 15, 163min) ★★
2.00 AM **Marcus Wareing's Tales from a Kitchen...**
2.45 **Edwardian Farm**
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **The Gaffer** 6/6. (S1)
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.05 PM **The Fenn Street...**
12.35 **Agony** 1/7. (S3)
1.05 **Press Gang** (S1)
1.35 **The Champions**
2.35 **Wish Me Luck** (S3)
3.40 **Mysterious Tales**
3.45 **Hank the Cowboy**
4.00 **Discovering Gardens**
4.30 **Old Country** (S3)
5.00 **Stereo Underground**
6.00 **The Fenn Street Gang**
6.30 **Press Gang** 6/12. (S1)
7.00 **Agony** 1/7. (S3)
7.30 **The Gaffer** 6/6. (S1)
8.00 **The Champions** (S1)
9.00 **Drop the Dead Donkey**
10.00 FILM **A Clock Work Blue** Comedy. (1972, 18) ★★
11.45 FILM **CB Hustlers** Thriller. (1976, 18, 85min) ★★
1.30 AM **Stereo Underground**
2.30 **Wish Me Luck**
3.35 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters: Mine SOS** Documentary.
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** A massive arctic storm blasts the fleet. **8.00** Crab season brings the year's biggest storm.
9.00 **Body Bizarre** A Kenyan man who developed a growth on his genitals. **10.00** A woman with thousands of tiny tumours on her skin.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Man v Food with Casey Webb**
7.00 **Hairy Bikers' Mississippi Adventure**
8.00 **The Pioneer Woman**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's United Cakes of America** Four editions.
3.00 **Hairy Bikers' Mississippi Adventure**
4.00 **The Pioneer Woman**
5.00 **Jamie's Easy Meals for Every Day** Double bill.
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Adam Richman Eats Italy** New editions
10.00 **Tom Kerridge Secrets of the Pub Kitchen**
11.00 **Man v Food**
12.00 M'T **Diners, Drive-Ins and Dives** Four editions.
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 21/26. (S5)
9.00 **The A-Team** 3/13. (S5)
10.00 **The Invaders** (S2)
11.00 FILM **Malibu Shark Attack** Disaster movie. (2009, 15, 110min) ★★
1.00 PM FILM **The Savage** Western. (1952, U) ★★
2.55 FILM **True Grit: A Further Adventure** Western sequel. (1978, PG, 104min) ★★
5.00 **Star Trek** 5/24. (S3)
6.00 **The Invaders** (S2)
7.00 **The A-Team** 4/13. (S5)
8.00 **Walker, Texas Ranger**
9.00 FILM **Riddick** Sci-fi thriller sequel. (2013, 15, 122min) ★★★
11.20 FILM **They Live** Sci-fi action adventure. (1988, 15, 95min) ★★★
1.25 AM FILM **Acts of Violence** Crime drama. (2018, 15, 86min) ★★
3.15 **to 5.00** AM FILM **War Pigs** Adventure. (2015, 15, 88min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **Double Dragon** Adventure. (1994, 12, 91min) ★★
11.00 **The Lost World** (S2)
12.00 NOON FILM **Troy: The Odyssey** Fantasy. (2017, PG, 90min) ★★
2.00 PM FILM **The Virginian** Western. (2014, 12) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Sinbad and the Clash of the Furies** Action adventure. (2016, 12, 90min) ★
7.00 **The Lost World** (S2)
8.00 **The Fall Guy** (S2)
9.00 FILM **Legacy of Lies** Espionage thriller. (2020, 15, 101min) ★★
11.00 FILM **The Guest** Thriller with Dan Stevens. (2014, 15, 100min) ★★★★
1.00 AM FILM **Legacy of Lies** As 9.00pm.
3.00 FILM **Sinbad and the Clash of the Furies**
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Canadian Pickers** New edition
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Pawn Stars**
11.10 **Swamp People**
1.05 PM **Canadian Pickers**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Skinwalker Ranch**
11.00 **Top 25 Alien Encounters**
12.20 AM **Alien Files: Unsealed**
1.00 **Evidence of the Unexplained**
2.00 **Ancient Aliens**
3.00 **Swamp People**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Somerset: Wonder of the West Country**
11.00 **Ben Fogle: New Lives in the Wild** From Canada.
12.00 NOON **Nazi Megastructures**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Abandoned Engineering**
7.00 **Nazi Megastructures** The German air force during World War Two.
8.00 **Ben Fogle: New Lives in the Wild** From Ibiza.
9.00 **Susan Calman's Grand Day Out** In Edinburgh.
10.00 **Britain's Most Scenic Counties: Cheshire**
11.00 **Jane McDonald: Lost in Japan** Exploring Osaka.
12.00 M'T **Wentworth Prison**
1.00 AM **22 Kids & Counting**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes** Coleen Nolan takes on Barry McGuigan.
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **Tenable** A team of tram workers from Sheffield take part in the quiz.
7.00 **The Chase** Triple bill.
10.00 **The Chase Celebrity Special** With Hollie Arnold, AJ Pritchard Giovanna Fletcher and Russell Watson.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 NEW SERIES **The Rocky Mountain Mortician Murder** 1/3. A funeral director's murder exposes several shocking suspects. **10.00** New edition 2/3. Investigators expose information about the brothers, including a secret affair. **11.00** Series finale 3/3. The murder trial gets under way, a new investigator uncovers surprising new leads, and a shocking court outcome sparks outrage.
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S5)
1.00 PM **Friends** (S4)
8.00 **Friends** 22/24. Joey loses Ross's wedding ring at the stag party. **8.30** 23/24. Part one of two. Ross goes to England to marry Emily. (S4)
9.00 **Michael McIntyre's The Wheel** Oti Mabuse, Jamie Laing, Gok Wan, Will Mellor, Ed Balls, Fred Sirieix and Kate Williams help the contestants.
10.00 NEW **Kerry Godliman: Bandwidth** Stand-up comedy performance.
11.30 **Jimmy Carr's Am I the A**hole?**
12.30 AM **Whose Line Is It Anyway? USA**
1.30 **South Park** (S14)
3.30 **Michael McIntyre's The Wheel** As 9.00pm.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S4&5)
7.00 **Teleshopping**
9.00 **Spin City** (S2)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** 21–24/24. (S4)
1.00 PM **Criminally Funny**
2.30 **Blockbusters Christmas Special** With James Acaster, Scarlett Moffatt and Jordan Banjo.
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S2)
7.00 **Everybody Loves Raymond** (S5)
10.30 **Friends** 8–13/24. (S4)
1.00 AM **The Ricky Gervais Show** 6&7/13. (S3)
2.00 **Utopia** 8/8. (S2)
2.30 **Teachers** 20/20. (S2)
3.00 **Reno 911!** (S5&6)
3.45 **Important Things with Demetri Martin**
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.55 **Steptoe and Son** (S3)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S3)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 6/10. Sitcom. (S4)
2.45 **Minder** 6/11. (S4)
3.50 **Just Good Friends** (S3)
4.25 **Man About the House**
4.55 **Are You Being Served? Again!** 6/6. Sitcom. (S2)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Steptoe and Son** (S3)
6.45 **Rising Damp** 3/7. (S3)
7.15 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 6/6. (S7)
9.00 **Benidorm** 4/7. (S6)
9.55 **Shameless** 9/16. (S5)
10.55 **Man About the House**
11.25 **Rising Damp** 2/8. (S2)
11.55 **Benidorm** 4/7. . (S6)
12.55 AM **Minder** 8/11. (S1)
1.55 **Till Death Us Do Part**
2.30 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **MTV Cribs UK**
7.10 **Ghosted: Love Gone Missing** Double bill.
9.00 **Catfish: The TV Show**
5.00 PM **Dallas Cowboys Cheerleaders**
7.00 **Rich Kids Go Skint**
8.00 **Teen Mom UK: Next Generation** Amelia confronts Aaron.
9.00 **Ink Master: Angels** New edition The Angels keep it weird in Portland.
10.00 **Tattoo Fixers** The team help a transgender customer from Germany.
11.00 **Black Ink Crew New York** New edition Ceaser faces Dutchess for the first time since she kicked him out of the apartment.
12.00 M'T **Dating Naked**
1.00 AM **Jersey Shore**
2.45 **Sleeping with My Murderer** Documentary.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill.
7.00 **Diesel Brothers**
9.00 **Hoffman Family Gold**
11.00 **Overhaulin'** Double bill.
1.00 PM **Gold Rush**
3.00 **How It's Made** Four editions.
5.00 **Alaska: Homestead Rescue** The Raneys attempt to restore a homestead in Hawaii that was destroyed by lava. **6.00** The Raneys help a Texas family with dreams of a horse rescue, with Marty building an innovative barn.

10.00 Ancient Unexplained Files

7.00 **Wheeler Dealers** Mike finds a 1972 Fiat 124 Spider that is all original, but the driving experience urgently needs a refresh.
8.00 **Scrapyard Dynasty** With help from his family and staff, Terry Walker tries to find his next money-making scheme.
9.00 **Maine Cabin Masters** Chase and his team have just six weeks to transform a 1930s island cabin with major rot issues.
10.00 **Ancient Unexplained Files** Advanced laser scanning uncovers the identity of a mysterious ancient carving.
11.00 **Expedition Bigfoot** After receiving a recording of an alleged Bigfoot call, Bryce blasts it over a speaker system.
12.00 M'T **Deadliest Catch**
1.00 AM **Maine Cabin Masters**
2.00 **Ancient Unexplained Files**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **The Gamechangers: Inventing the World**
10.00 **Tanked** A smoker aquarium.
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Lone Star Law** Two rookie Texas Game Wardens work their first cases.
6.00 **Dr Jeff: Rocky Mountain Vet** A class of fourth-graders count on Dr Jeff to keep their pet hedgehog alive.

7.00 Treehouse Masters

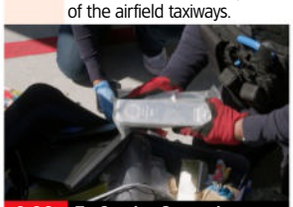
7.00 **Treehouse Masters** Pete Nelson explores the treetop getaways of Brazil and meets treehouse builder Ricardo Brunelli.
8.00 **Great White Abyss** Experts travel to great white hotspot Guadalupe Island in search of the largest sharks of their kind.
9.00 **Alaska: The Last Frontier** The Kilchers drive some of the herd across icy rivers.
10.00 **Alaskan Bush People** The Browns make a risky attempt to move their shelters closer to the barn as the first snow falls.
11.00 **Mountain Monsters** The team investigate a ferocious feline.
12.00 M'T **Crikey! It's the Irwins** Bindi puts on a birthday party for Minibus the wombat.
1.00 AM **100 Days Wild**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Rocky Mountain Railroad**
9.00 **Air Crash Investigation**
10.00 **Incas: The Rise and Fall**
11.00 **Nazi Megastructures: Battle Ready** Documentary.
12.00 NOON **Destruction Decoded**
1.00 PM **Car S.O.S**
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Car S.O.S** A Mazda MX5.
5.00 **Ice Road Rescue** Thord struggles to rescue a truck.
6.00 **Toronto Airport Uncovered** Mice threaten the safety of the airfield taxiways.



9.00 To Catch a Smuggler

7.00 **Air Crash Investigation** An investigation into the crash of Turkish Airlines Flight 1951, which fell from the sky over Amsterdam.
8.00 **Air Crash Investigation** New edition The pilots of a chartered private jet are determined to land at Aspen's notorious airport.
9.00 **To Catch a Smuggler** New edition In Texas, officers uncover a huge drug smuggling tunnel linking Juárez to El Paso.
10.00 **Yukon Rescue** New edition The spring melt has everyone scrambling to protect the city from flooding.
11.00 **Air Crash Investigation** A plane vanishes at sea.
12.00 M'T **Inside Sydney Airport**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Trafficked with Mariana Van Zeller** Double bill of editions.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Ice Road Truckers**
8.45 **Forged with Steele**
9.15 **Pawn Stars** Documentary.
10.10 **Storage Wars** Four editions.
12.00 NOON **Digging for Britain**
1.00 PM **Great British Castle Rescue** As 9.00pm.
2.00 **Secrets of Great British Castles** Four editions of the documentary, including at: **5.00** The history of Caernarfon Castle, Gwynedd.
6.00 **American Pickers** Mike Wolfe relives Evel Knievel's career.

10.00 Unsung Heroes of Waterloo

7.00 **Forged in Fire** Four bladesmiths are tasked to forge a blade using steel harvested from a vintage pinball machine.
8.00 **Digging for Britain** Alice Roberts reveals a Roman Emperor's lost bath house and the treasures of medieval pilgrims.
9.00 **NEW SERIES Great British Castle Rescue** Rick Edwards takes an aerial and up-close view of Fyvie Castle in Scotland.
10.00 **NEW Unsung Heroes of Waterloo** Experts look at the uncredited heroes of the Battle of Waterloo.
11.00 **History's Most Shocking** Chaos ensues when the wheels literally come off a vehicle on a busy motorway.
12.00 M'T **Secrets of Great British Castles** Triple bill of editions.
2.50 AM **Great British Castle Rescue** As 9.00pm.
3.40 **Digging for Britain**
4.25 **Pawn Stars** Documentary.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **McMillion$**
7.00 **Discovering: Samuel L Jackson** A profile of the actor.
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **Juan Carlos: Downfall of the King** 1-4/4. Documentary.
2.00 PM **OJ: Made in America**
3.50 **My Icon: Shaun Gayle**
4.00 **Discovering: Samuel L Jackson** A profile of the actor.
5.00 **The Directors**
5.55 **100 Foot Wave** 5/6. The turbulent waters in Nazaré prove devastating.

10.00 OJ: Made in America

6.55 **The Comedy Store** 1/5. A look back at The Comedy Store's founding generation in the 1970s.
8.00 **There's Something Wrong with Aunt Diane** Liz Garbus explores how a woman known to friends as 'supermom' caused a tragic accident by driving in the wrong direction on a motorway.
10.00 **OJ: Made in America** 1/5. Documentary chronicling the rise and fall of OJ Simpson.
11.50 **The Story of Late Night** 1/6. Documentary about the history of late-night talk shows. **12.40** AM 2/6. Johnny Carson's rise to fame in the 1960s as host of *The Tonight Show*.
1.30 **Downey Wrote That**
2.50 **Mr Dynamite: The Rise of James Brown** Documentary.
5.00 **to 6.00** AM **Discovering: Samuel L Jackson**

7 PM 8 PM 9 PM 10 PM

Monday

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Shed and Buried** Henry and Fuzz find a Triumph Terrier in Oxfordshire. **8.30** In Cambridgeshire, Henry and Fuzz uncover a Suzuki GSXR Slingshot.
9.00 **Guz Khan's Custom Cars** Series finale Guz wraps up his S2000 project, but not without a few wallet-draining surprises.
10.00 **Mock the Week**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers: Dream Car** Double bill.
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Judge Rinder's Crime Stories** Adele Bellis.
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Killer Beside Me**
4.00 **American Monster: Abuse of Power**
5.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories** The case of a carer who was at the centre of a web of deceit and fraudulent activity.
8.00 **Murder on CCTV**
9.00 **The Real Death in Paradise** Documentary.
10.00 **Britain's Deadliest Kids**
11.00 **Judge Rinder's Crime Stories** Adele Bellis.
12.00 M'T **American Monster**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The case of Mitesh Patel, who murdered his wife Jessica after she uncovered his plan.
8.00 **Millionaire Murders** William Saunderson-Smith is found bludgeoned to death.
9.00 **Storm of Suspicion** New edition Single mother Margie Coffey had been missing for ten days when her body is pulled from a creek.
10.00 **Murder UK** New edition Focusing on the crimes of nurse Beverley Allitt, who was dubbed the 'Angel of Death'.
11.00 **Bloodline Detectives**
1.00 AM **Millionaire Murders**
2.00 **Storm of Suspicion**
3.00 **Murder UK** As 10pm.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Body in the Water**
10.45 **Teleshopping**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Britain's Countryside Killers** A look at the case of teenager Alex Davies, who was murdered by Brian Healless. **3.00** In April 2022, Katie Kenyon vanishes from her home.
4.00 **48 Hours** Kristen Trickle.
5.00 **Medical Detectives** The abduction and murder of a nine-year-old girl. **5.30** The disappearance of a young woman. **6.00** The sudden death of a wealthy woman. **6.30** The hunt for an elderly woman's killer.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Rapid Response** Documentary.
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Police 24/7**
11.00 **Murders That Shocked the Nation**
12.00 NOON **Killer in My...**
2.00 PM **World's Most Evil...**
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **The Real CSI: Miami**
10.00 **Murder Uncut**
11.00 **Police 24/7**
12.00 M'T **World's Most Evil...**
1.00 AM **How I Caught the Killer** True-crime.
2.00 **World's Most Evil Killers** New edition
3.00 **Murdered at First Sight**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered...**
8.35 **The Bush Years...**
9.30 **Edwardian Britain in Colour** Documentary.
10.25 **Victorian Britain on...**
11.55 **Besieged Fortresses, Legendary Battles**
1.00 PM **Edwardian Britain in Colour**
2.00 **The Bush Years: Family, Duty, Power**
2.55 **Edwardian Britain in Colour** Documentary.
3.55 **Hidden Letters**
5.15 **Victorian Britain on...**
6.50 **The Bush Years: Family, Duty, Power**
7.45 **Edwardian Britain in Colour** Documentary.
8.45 **Victorian Britain on Film** Documentary.
10.15 **Once Upon a Time in Northern Ireland**
11.25 **Weathered: Earth's Extremes** Tipping points.
12.00 M'T **The Bush Years: Family, Duty, Power**
1.00 **to 2.00** AM **The Invention of Surgery**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Great Parks of Africa**
9.00 **Orangutan Jungle School**
10.00 **Reef Wrecks**
11.00 **Malawi Wildlife Rescue**
12.00 NOON **Deep Dive North America** Documentary.
1.00 PM **Monkey Life**
2.00 **Great Parks of Africa**
3.00 **Orangutan Jungle School**
4.00 **Reef Wrecks**
5.00 **Uptown Otters**
6.00 **Deep Dive North America**
7.00 **Monkey Life** Double bill.
8.00 **Monkeys: An Amazing Animal Family** Patrick Aryee takes a look at the rise of the monkey.
9.00 **Extraordinary Animals**
10.00 **Deep Dive North America**
11.00 **Uptown Otters**
12.00 M'T **Malawi Wildlife Rescue**
1.00 AM **Ol Pejeta Diaries**
2.00 **Monkeys: An Amazing...**
3.00 **Extraordinary Animals**
4.00 **Great Parks of Africa**
5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

6.00 AM **World's Most Unexplained**
7.00 **Life After People**
8.00 **What on Earth?**
9.00 **The Abyss: Rise & Fall of the Nazis** As shown at 7.00pm.
10.00 **Combat Trains**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Instruments of Death**
4.00 **World's Most Unexplained**
5.00 **Life After People**
6.00 **What on Earth?**
7.00 **The Abyss: Rise & Fall of the Nazis** A look at how the Nazis conquered Germany in the wake of World War One.
8.00 **Combat Trains** The story of the Thai-Burma railway.
9.00 **Bone Detectives: Britain's Buried Secrets**
10.00 **Cracking the Code**
11.00 **Ancient Aliens**
1.00 AM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Instruments of Death**
4.00 **World's Most Unexplained**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **Truth Behind the Moon Landing** Triple bill of editions.
11.00 **Alaska Mega Machines**
1.00 PM **Blowing Up History**
3.00 **How the Universe Works**
6.00 **How It's Made: Dream Cars** The crew visit the birthplace of the Porsche Panamera. **6.30** The manufacturing process behind the Peugeot RCZ R. **7.00** The crew visit the birthplace of the Ariel Atom 3S. **7.30** The manufacturing process behind the Audi S8. **8.00** A visit to the birthplace of the Ultima Evolution.
8.30 **How Do They Do It?**
9.00 **Truth Behind the Moon Landing** The fire on *Apollo1* that killed three astronauts. **10.00** Experts investigate if the Nazis were involved in the Apollo space programme.
11.00 **NASA's Unexplained Files**
1.00 AM **How the Universe Works**
4.00 **Codes and Conspiracies**
5.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Murdertown**
2.00 PM **Accident, Suicide or Murder?** As shown at 8.00pm.
3.00 **Somebody's Hiding Something**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Accident, Suicide or Murder?** New edition The connection between a truck inferno and a missing persons report.
9.00 **Ross Kemp: Lost Boys, Deadly Men** New edition Claims that Andrew Tate's content drove the 2024 Hunt murders committed by Kyle Clifford.
10.00 **Cops Gone Bad with Will Mellor** David Carrick.
11.00 **Sin City Gigolo: A Murder in Las Vegas** Documentary.
12.05 AM **Ross Kemp: Lost Boys...**
1.05 **Britain's Darkest Taboos**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Accident, Suicide...**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Fish Tank Kings**
10.00 **America the Wild**
11.00 **Wild, Smart and Deadly**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Critter Fixers: Country Vets**
3.00 **The Hidden Kingdoms of China**
4.00 **Secrets of the Zoo**
5.00 **Ultimate Airport Dubai**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo** Staff have their hands full with a koala who is mysteriously losing weight.
8.00 **Wonders of the Ocean** 1/2. Wildlife inhabiting Pacific Islands. **9.00** 2/2. Ocean-dwelling creatures try to avoid becoming prey and attempt to find a mate to breed the next generation.
10.00 **Alaska: The Next Generation** Johnny Rolfe hunts caribou.
11.00 **Ice Road Rescue**
12.00 M'T **Africa's Hunters**
1.00 AM **Animal Fight Club**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

174 147 181

7.00 AM **Life After: Chernobyl**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Exploring the limits of human knowledge.
1.00 PM **Mysteries at the Castle**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Life After: Chernobyl** Scientists with access to the Chernobyl danger zone explore how the wildlife has been affected after 30 years in the most contaminated area on earth.
9.00 **Ancient Unexplained Files**
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **Mysteries at the Castle**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Top Gear**
1.00 PM **Top Gear** Four editions of the series, including at: **4.00** The presenters award the dubious accolade for the worst-handling car.
5.00 **The Two Ronnies** Music by Elkie Brooks and sketches including Minister of Poetry, Allotment, Swear Box, The Bank and The Worm That Turned. **6.00** Vintage comedy sketches from Messrs Barker and Corbett, featuring two inventors causing mischief with their latest discoveries. **7.00** Featuring music by Elkie Brooks and sketches including Gropery Shop, Minister of Intelligence, Allotment, Welcome Home, Rochdale Ringers and The Worm That Turned. **8.00** Vintage comedy from Messrs Barker and Corbett, with music by Barbara Dickson.
9.00 **The Two Ronnies**
5.20 **to 6.00** AM **Villages by the Sea**

+1hour 266 376

ID

154 140 166

8.00 AM **Devil in Suburbia**
9.00 **American Monster**
11.00 **Disappeared**
12.00 NOON **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Disappeared**
4.00 **Evil Lives Here**
5.00 **Betrayed** Double bill.
7.00 **Where Murder Lies** The disappearance of a man in line to inherit a family ranch. **8.00** When a student was found dead in North Carolina, detectives discovered she had been living a double life.
9.00 **Faking It: Tears of a Crime** The story of how Luke Harlow imprisoned a schoolgirl in his flat before Stephen Beadman raped and murdered her.
10.00 **The Murder of Caroline Crouch: A Faking It Special**
11.00 **The Murder Tapes**
1.00 AM **People Magazine Investigates** Documentary.
2.00 **Betrayed** Double bill.
4.00 **to 6.00** AM **Where Murder Lies**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Outback Truckers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** The team enter the UK's most prestigious classic car show contest.
1.00 PM **Bad Chad Customs**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Outback Truckers**
4.00 **Shed and Buried: Classic Cars**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz find a rare 1929 Standard Teignmouth pick-up.
9.00 **Holden Bros. Restos**
10.00 **Outback Truckers**
11.00 **Wheeler Dealers**
12.00 M'T **Shed and Buried: Classic...**
1.00 AM **Richard Hammond's Workshop** As 12.00noon.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Pets on a Train** (2025)
7.35 **One More Shot** Comedy. (2025, 15, 88min) ★★★
9.15 **Plainclothes** Thriller. (2025, 15)
10.55 **I Know What You Did Last Summer** Horror reboot. (2025, 15, 119min) ★★★
12.50 PM **Icefall** As 8.00pm.
2.35 **Adulthood** As 9.45pm.
4.20 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
5.50 **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★

8.00 Icefall

8.00 Icefall Action thriller starring Joel Kinnaman. A game warden captures a notorious poacher, only to discover he's aware of the location of a plane carrying millions of dollars frozen in a lake. (2025, 15, 95min)

9.45 Adulthood Black comedy with Josh Gadd and Kaya Scodelario. Two siblings find a dead body buried in their parents' basement, sending them down a rabbit hole of crime. (2025, 15, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 Jurassic World: Rebirth Fantasy adventure starring Scarlett Johansson, Jonathan Bailey and Mahershala Ali. (2025, 12, 133min) ★★★
1.50 AM **The Gentleman** Thriller. (2025, 15, 89min) ★★
3.25 **Bone Lake** Comedy thriller. (2024, 18, 94min) ★★★
5.10 **to 7.25** AM **King Ivory** Thriller. (2024, 15, 135min)

Sky Cinema Action Heroes

303 303 403 503 517

6.00 AM **Rampage** Fantasy. (2018, 12, 107min) ★★★
8.00 **Streetfighter** (1994, 12) ★★
9.50 **Long Gone Heroes** Thriller. (2024, 15, 101min) ★★★
11.45 **Hero** As shown at 2.40am.
1.40 PM **Fast & Furious Presents Hobbs & Shaw** Adventure. (2019, 12, 137min) ★★★
4.05 **xXx: Return of Xander Cage** Action thriller. (2016, 12) ★★★
6.05 **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★

10.30 Waterworld

8.00 Bad Boys II Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano, Theresa Randle and Jordi Mollà. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Waterworld Sci-fi action adventure starring Kevin Costner, Dennis Hopper and Jeanne Tripplehorn. In a future world entirely covered by water, a solitary hero called the Mariner leads a quest for dry land. (1995, 12, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Sudden Death** Thriller with Jean-Claude Van Damme. (1995, 18, 110min) ★★★
2.40 **Hero** Chinese adventure. (2002, 12, 99min) ★★★★
4.25 **to 6.05** AM **Vendetta** Action thriller. (2022, 15, 96min) ★★

Sky Cinema Drama

310 310 410 510 524

6.10 AM **Elizabeth: The Golden Age** Historical drama sequel. (2007, 12, 114min) ★★★
8.15 **An Officer and a Gentleman** Romantic drama starring Richard Gere and Debra Winger. (1981, 15, 125min) ★★★★
10.25 **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★
12.40 PM **Boy Meets Boy** Romantic drama. (2021, 15, 75min) ★★★
2.00 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
3.45 **Dunkirk** World War Two drama. (2017, 12, 106min) ★★★★★
5.35 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
8.00 **Jackie** Biopic starring Natalie Portman and Greta Gerwig. (2016, 15, 100min) ★★★★
9.45 **A Star Is Born** Music drama starring Lady Gaga and Bradley Cooper, who also directed. (2018, 15, 136min) ★★★★★
12.05 AM **Terms of Endearment** Oscar-winning comedy drama. (1983, 15, 132min) ★★★★★
2.20 **Joker: Folie à Deux** Thriller. (2024, 15, 138min) ★★★★
4.40 **Boy Meets Boy** As 12.40pm.
5.55 **to 8.20** AM **Coach Carter** Sports drama. (2004, 12) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.20 AM **Die Alone** As 2.25am.
9.00 **Us** As shown at 8.00pm.
11.05 **Van Helsing** Fantasy adventure. (2004, 12, 132min) ★★★
1.20 PM **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
4.15 **The Lost Boys** Vampire tale. (1987, 15, 98min) ★★★★
6.00 **Children of Men** Sci-fi adventure starring Clive Owen. (2006, 15, 109min) ★★★★★
8.00 **Us** Jordan Peele's horror thriller starring Lupita Nyong'o, Winston Duke and Elisabeth Moss. A family's life turns into a nightmare when a group of strangers begin to terrorise them. (2019, 15, 116min) ★★★★
10.00 **Mickey 17** Sci-fi comedy starring Robert Pattinson, Naomi Ackie and Mark Ruffalo. (2024, 15, 137min) ★★★
12.20 AM **28 Days Later** Danny Boyle's horror starring Cillian Murphy. (2002, 18, 113min) ★★★★
2.25 **Die Alone** Horror starring Carrie-Anne Moss and Frank Grillo. (2024, 15, 91min) ★★★★
4.05 **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★
5.55 **to 7.40** AM **Dark Skies** Paranormal thriller starring Keri Russell. (2013, 15, 97min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.45 AM **Teenage Mutant Ninja Turtles: Out of the Shadows** Adventure. (2016, 12) ★★★
8.50 **Save the Cinema** As 9.35pm.
10.55 **Scooby-Doo 2: Monsters Unleashed** (2004, PG) ★★★
12.40 PM **Paul Blart: Mall Cop** Comedy. (2009, PG, 91min) ★
2.25 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
4.05 **Blithe Spirit** Comedy. (2020, 12, 95min) ★★★
6.00 **Look Who's Talking** (1989)

6.00 Look Who's Talking

7.45 **Teenage Mutant Ninja Turtles** Fantasy starring Megan Fox. Four humanoid amphibians use their martial arts skills to protect New York from a criminal organisation. (2014, 12, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

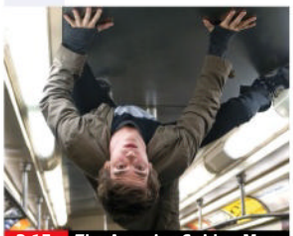
9.35 **Save the Cinema** Drama telling the true story of Liz Evans from Carmarthen, south-west Wales, who started a campaign in the 1990s to save the town's Lyric Cinema. Stars Samantha Morton. (2021, 12, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
1.35 AM **Spy Kids 3: Game Over** Sci-fi action comedy sequel. (2003, U, 84min) ★★★
3.15 **It Takes Two** Family comedy. (1995, U, 97min) ★
5.05 **to 6.50** AM **Look Who's Talking** Family comedy. (1989, 12, 96min) ★★★

Sky Cinema Action

307 307 407 507 521

6.15 AM **The Good, the Bad and the Ugly** Classic Western. (1966, 15, 155min) ★★★★★
9.15 **Indiana Jones and the Temple of Doom** Adventure. (1984, PG, 118min) ★★★
11.15 **2 Fast 2 Furious** Thriller. (2003, 12, 108min) ★★★
1.15 PM **Venom** (2018, 15) ★★★
3.15 **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★
5.35 **The Amazing Spider-Man 2** Fantasy sequel. (2014, 12) ★★★



3.15 The Amazing Spider-Man

8.00 **Furiosa: A Mad Max Saga** Fantasy adventure prequel starring Anya Taylor-Joy, Chris Hemsworth and Tom Burke. A warrior seeks vengeance against a biker horde led by the crazed Dementus. (2023, 15, 148min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 **Bad Boys: Ride or Die** Action comedy sequel starring Will Smith and Martin Lawrence. Miami cops Lowrey and Burnett go on the run to clear their late captain's name. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Indiana Jones and the Last Crusade** Steven Spielberg's action adventure. (1989, PG, 127min) ★★★★★
2.50 **The Patriot** Epic drama. (2000, 15, 167min) ★★★
5.40 **to 7.25** AM **A Fistful of Dollars** Spaghetti Western. (1964, 15, 96min) ★★★★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **The Natural** Sports drama. (1984, PG, 137min) ★★★
9.40 **Am I OK?** (2022, 15) ★★★
11.10 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
12.55 PM **The Hangover Part II** Comedy sequel. (2011, 15) ★★
2.40 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
4.25 **The Golden Child** Fantasy. (1986, PG, 93min) ★★
6.00 **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★

6.00 Shirley Valentine

8.00 **Mamma Mia!** Musical starring Meryl Streep. A young bride-to-be living on a Greek island invites three of her mother's old boyfriends to her wedding, hoping to find out which one is her father. (2008, PG, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

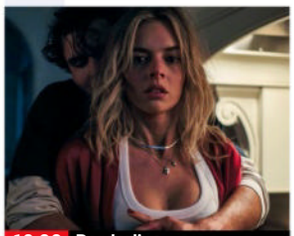
10.00 **Mamma Mia! Here We Go Again** ABBA-themed musical sequel starring Amanda Seyfried and Lily James. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Daddy's Home 2** Comedy sequel starring Will Ferrell. (2017, 12, 100min) ★★★
1.45 AM **Jackass: The Movie** Comedy. (2002, 18, 87min) ★
3.15 **Jackass 3** Slapstick comedy sequel. (2010, 15, 93min) ★★
4.55 **The Cinema List: Bingeable**
5.25 **to 7.20** AM **Forces of Nature** Romantic comedy drama. (1999, 12, 105min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.15 AM **Head Count** Thriller. (2023, 15, 77min) ★★★
7.40 **Cellular** (2004, 15) ★★★
9.20 **Snatch** Crime comedy drama. (2000, 18, 102min) ★★★★
11.05 **The Bourne Legacy** Thriller. (2012, 12, 129min) ★★★
1.20 PM **Jason Bourne** Thriller. (2016, 12, 123min) ★★★
3.30 **The Hunt for Red October** Thriller. (1990, PG) ★★★★
5.45 **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★



10.00 Borderline

8.00 **The Girl on the Train** Thriller based on Paula Hawkins' novel, starring Emily Blunt and Rebecca Ferguson. An alcoholic gets drawn into a web of intrigue when she becomes fascinated by a woman's disappearance. (2016, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Borderline** Dark comedy horror starring Samara Weaving. A bodyguard protects a pop superstar and her athlete boyfriend from a determined stalker in 1990s LA. (2025, 15, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **All the Devils Are Here** Thriller. (2025, 15) ★★★★
1.15 AM **Kill** Crime thriller. (2023, 15, 94min) ★★★
3.00 **To Catch a Thief** Romantic Hitchcock comedy thriller. (1955, PG, 102min) ★★★★
4.50 **to 6.30** AM **Breakdown** Thriller. (1997, 15) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Guns of Fort Petticoat** Western. (1958, PG) ★★
12.45 PM **The Frogmen** Adventure. (1951, b/w, U, 96min) ★★★
2.40 **Destination Gobi** Adventure. (1953, U, 91min) ★★
4.30 **Magnificent Obsession** Glossy Hollywood melodrama. (1954, U, 108min) ★★★★
6.45 **Entrapment** Romantic action thriller starring Sean Connery. (1999, 12, 112min) ★★★

11.40 A Quiet Place Part II

Entrapment (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Erin Brockovich** Fact-based drama starring Julia Roberts as a single mother who takes a job in a law firm and becomes an unlikely environmental crusader. With Albert Finney and Aaron Eckhart. (2000, 15, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.40 **A Quiet Place Part II** Horror thriller sequel starring Emily Blunt. The Abbotts face the outside world, and realise the creatures that hunt by sound are not the only threats lurking. (2020, 15, 97min) ★★★★
1.30 **to 3.20** AM **Cold War** Pawel Pawlikowski's drama starring Joanna Kulig. Partly subtitled. (2018, 15, 90min) ★★★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Award Season

302 302 402 502 516

7.05 AM **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
9.15 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
11.55 **Love Actually** Romantic comedy. (2003, 15, 135min) ★★★
2.10 PM **I, Tonya** Biopic with Margot Robbie. (2017, 15, 119min) ★★★★
4.10 **Yesterday** Danny Boyle's fantasy comedy starring Himesh Patel. (2019, 12, 116min) ★★★

6.10 **Ghostbusters** Fantasy comedy. (1984, 12, 105min) ★★★★
8.00 **Back to the Future** Time-travel comedy fantasy starring Michael J Fox and Christopher Lloyd. A teenager is accidentally sent back in time to 1955 and must ensure that his future parents fall in love. (1985, PG, 115min) ★★★★★
10.00 **Sherlock Holmes** Guy Ritchie's action adventure starring Robert Downey Jr and Jude Law. (2009, 12, 128min) ★★★★

12.10 AM **Blade Runner** Ridley Scott's futuristic thriller. (1982, 15, 130min) ★★★★★
2.20 **Dog Day Afternoon** Sidney Lumet's tragi-comic thriller. (1975, 15, 130min) ★★★★★
4.40 **to 7.05** AM **Vanilla Sky** Fantasy drama. (2001, 15, 136min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.15 AM **Tootsie** As 2.00am.
8.15 **Billy Madison** As 4.00am.
9.50 **See No Evil, Hear No Evil**
11.35 **Police Academy** Comedy. (1984, 15, 95min) ★★★
1.15 PM **Police Academy 2: Their First Assignment** Comedy sequel. (1985, 12, 87min) ★★
2.45 **Police Academy 3: Back in Training** Comedy sequel. (1986, PG, 82min) ★

4.15 **See No Evil, Hear No Evil** Comedy thriller starring Gene Wilder. (1989, 15, 107min) ★★★
6.00 **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
8.00 **Batman** Comic-book adventure starring Michael Keaton, Jack Nicholson and Kim Basinger. (1989, 15, 121min) ★★★★
10.10 **Batman Returns** Comic-book adventure with Michael Keaton. (1992, 12, 121min) ★★★★
12.20 AM **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★

2.00 **Tootsie** Comedy starring Dustin Hoffman and Jessica Lange. (1982, 15, 116min) ★★★★
4.00 **Billy Madison** Comedy. (1995, PG, 90min) ★★
5.35 **The Cinema List**
5.50 **to 7.50** AM **InnerSpace** Sci-fi comedy. (1987, PG, 119min) ★★★

Sky Cinema Animation

305 305 405 500 514

7.45 AM **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
9.20 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
11.00 **Pets on a Train** As 7.35pm.
12.40 PM **Turbo** Animated comedy. (2013, U, 92min) ★★★★
2.25 **Open Season** Animated family comedy adventure. (2006, PG, 86min) ★★★★

4.00 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
5.50 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
7.35 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
9.15 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
10.55 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
12.40 AM **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★

2.30 **Smurfs: The Lost Village** Animated adventure with the voices of Demi Lovato and Julia Roberts. (2017, U, 87min) ★★★
4.15 **Hotel Transylvania 2** (2015)
5.55 **to 7.25** AM **Open Season 2** Animated comedy adventure sequel. (2008, PG, 73min) ★★★

Movies 24

312 313 419

7.00 AM **Something New: A Teagarden Mystery** Crime drama. (2023, U, 87min) ★★
9.00 **Scented with Love** Romantic drama. (2022, PG, 83min) ★★
11.00 **Blind Date Book Club** Drama. (2024, PG, 90min) ★★
1.00 PM **Spring Breakthrough** Drama. (2023, PG, 90min) ★★
3.00 **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★

5.00 **A Bridesmaid in Love** Comedy. (2022, PG, 87min) ★★
7.00 **My Dreams of You** Romantic drama. (2024, PG, 90min) ★★
9.00 **Planning on Forever** Romantic comedy with Emily Tennant and Alec Santos. An events planner organises her sister's wedding with the help of a man she went on a disastrous blind date with. (2022, PG, 89min) ★★
11.00 **Signed, Sealed, Delivered: A Tale of Three Letters** Mystery. (2024, PG, 90min) ★★

1.00 AM **Be Mine, Valentine** Romantic comedy drama. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **Adventures in Love & Birding** Romance. (2025, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 35/38. (S1)
6.30 **Hour of Decision** Mystery. (1957, b/w, PG, 79min) ★★★
8.05 **Dublin Nightmare** Mystery. (1958, b/w, PG, 61min) ★★★
9.20 **Cinebox Memories**
9.25 **Murder at the Windmill** Musical mystery thriller. (1949, b/w, PG, 70min) ★★★
10.45 **Dusty Ermine** Crime thriller. (1936, b/w, U, 74min) ★★★

12.30 PM **The Silent Invasion** War drama. (1962, b/w, PG) ★★★
1.50 **The Restless Breed** Western. (1957, PG, 86min) ★★
3.30 **Sapphire** Murder mystery. (1959, 15, 92min) ★★★
5.15 **The Lost Films of the Kursaal**
6.30 **The Vise** 6/26. (S2)
7.00 **The Footage Detectives**
8.00 **Mother Love** 2/4. (S1)
9.10 **Autumn Leaves** Melodrama. (1956, b/w, PG, 107min) ★★★
11.20 **A Hole Lot of Trouble** Comedy short. (1971, PG, 27min) ★★★

11.55 **A Good Read: Sherlock Holmes** *The Musgrave Ritual*.
12.50 AM **Budgie** 10/13. (S1)
1.50 **Voyage to the Planet of Prehistoric Women** Adventure. (1968, 18, 78min) ★★★
3.25 **Hero of the Hour** Crime drama.
5.30 **to 6.00** AM **Honey West**

Monday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Sports news with live analysis and comments.
5.00 **The Premier League Show** A daily guide to the top flight.
6.00 LIVE **WTA & ATP Tennis** Coverage of the sixth day of the Indian Wells Open, a hard-court tournament at Indian Wells Tennis Garden in California , featuring matches in the third round. Cameron Norrie saw his run at last year's tournament come to an end at this stage, as the British player lost 3-6 5-7 to the number 10 seed Tommy Paul, but there was no such trouble for Jack Draper as he booked a place in round four by beating Jenson Brooksby 7-6 6-4. Elsewhere, there were victories for the likes of Carlos Alcaraz, Holger Rune, and Tallon Griekspoor, who followed his second-round victory over the tournament's top seed Alexander Zverev by defeating the 29th seed, Giovanni Mpetshi Perricard.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Review**
10.00 **Sky Sports FC**
12.00 NOON **Premier League Years** A look at the 2024/25 season.
2.00 PM **PL Retro** Another chance to see Manchester City v Tottenham Hotspur from 2010.
4.00 **Premier League Review** Recent action from the top flight.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Netbusters** Action from the Premier League, with highlights using alternative angles, featuring every goal from every game.
7.30 **Premier League Stories** Behind the scenes of the Premier League.
8.00 **Premier League 360 – Big Sam's Bolton** Sam Allardyce's iconic Bolton team of the early 2000s in the Premier League.
10.00 **Premier League Review** Recent action from the top flight.
11.00 **Premier League Years** A look back at the 2024/25 season.
1.00 AM **PL Retro** Manchester City v Tottenham Hotspur from 2010.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL League One Goals**
6.30 **EFL League Two Goals**
7.00 **EFL Highlights** Championship.
10.30 **EFL League One Goals**
11.00 **EFL League Two Goals**
11.30 **EFL Highlights**
2.00 PM **EFL League One Goals**
2.30 **EFL League Two Goals**
3.00 **EFL Highlights**
6.30 **Bundesliga Highlights Show**
7.30 **EFL League One Goals**
8.00 **EFL League Two Goals**
8.30 **EFL Cup Highlights** Arsenal v Chelsea in the semi-final second-leg staged at Emirates Stadium.
9.00 **EFL Highlights** Queens Park Rangers v Middlesbrough.
9.15 Preston v Oxford United.
9.30 Blackburn v Portsmouth.
9.45 Hull City v Millwall.
10.00 Ipswich Town v Leicester City held at Portman Road.
10.15 Bristol City v Coventry City.
10.30 **Bundesliga Highlights Show**
11.30 **EFL Greatest Games**
12.00 M'T **Championship Retro** Cardiff City v Leicester City.
2.45 AM **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2014 final.
5.00 **Craig Brown: My Scotland**
5.30 **to 6.00** AM **Jimmy Glass: The Great Escape**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** Highlights of Sunrisers Hyderabad v Gujarat Titans.
7.00 Highlights from Delhi Capitals v Sunrisers Hyderabad.
8.00 **Men's T20 World Cup** A replay of the tournament final.
1.30 PM **Best of ICC WT20** India v Pakistan in the 2007 final.
1.45 **Best of England v South Africa** Action from the 2011 Cricket World Cup Group B match.
2.00 **IPL** Royal Challengers Bengaluru v Punjab Kings in the final of the T20 competition at Narendra Modi Stadium in Ahmedabad.
3.00 **The Story of the Men's T20 World Cup Final 2024** A look back at India v South Africa.
4.00 **IPL** Highlights from Lucknow Super Giants v Punjab Kings at BRSABV Ekana Cricket Stadium.
5.00 **Men's T20 World Cup** Another chance to see the final.
10.30 **Best of ICC WT20** India v Pakistan in the 2007 final.
10.45 **Best of England v South Africa** A game from the 2011 World Cup.
11.00 **The Story of the Men's T20 World Cup Final 2024** A look back at India v South Africa.
12.00 M'T **to 6.00** AM **IPL**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Playing Lessons**
6.30 **Tour Golf Highlights**
7.00 **DP World Tour Golf** A replay of day four of the Joburg Open.
12.30 PM **PGA Tour Golf** Day four of the Arnold Palmer Invitational.
6.00 **Tour Golf Highlights** Action from the Jonsson Workwear Open.
6.30 **PGA Tour Golf** Puerto Rico Open.
7.30 **DP World Tour Golf** Joburg Open.
8.00 **PGA Tour Golf** The fourth day of the Arnold Palmer Invitational.
9.00 **Rory's 2025** A look back at a momentous year for Rory McIlroy.
10.30 **Beyond the Scorecard**
11.00 **DP World Tour Golf**
11.30 **PGA Tour Golf** Highlights.
12.30 AM **Tour Golf Highlights**
1.00 **PGA Tour Golf**
2.00 **The Players Championship**
4.00 **Golf Academy** Expert tips.
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
12.00 NOON **WTA Tennis** Ostrava Open.
1.00 PM **ATP Tennis** Rotterdam Open.
2.00 **WTA & ATP Tennis** Action from day five of the Indian Wells Open.
6.00 LIVE **WTA & ATP Tennis** Coverage of the sixth day of the Indian Wells Open at Indian Wells Tennis Garden, featuring matches in the third round. Cameron Norrie saw his run at last year's tournament come to an end at this stage, as the British player lost 3-6 5-7 to the number 10 seed Tommy Paul, but there was no such trouble for Jack Draper as he booked a place in round four by beating Jenson Brooksby 7-6 6-4.
5.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Winter Paralympic Games**
7.00 **PREM Rugby Cup**
9.00 **Cycling** Recent highlights.
12.00 NOON LIVE **Cycling** The first stage of the men's Tirreno Adriatico around Lido di Camaiore.
2.45 PM LIVE **Cycling** The second stage of the men's Paris-Nice.
4.15 **Playing for Our Future: Cycling**
4.30 **Premier League Stories**
5.00 **UEFA Europa League & Conference League Magazine**
6.00 **Champions League Magazine**
6.30 LIVE **Emirates FA Cup West Ham United v Brentford.** Coverage of the fifth-round tie at the London Stadium, as the two Premier League sides go head to head in a fight to reach the quarter-finals. Kick-off **7.30pm**.
10.00 **FA Cup: The People's Story**
10.15 **Sign Up – Into Football**
11.00 **The Breakdown**
11.30 **Winter Paralympic Games**
12.30 AM **Crouchy and Cole**
12.45 **The Gruppetto** Cycling news.
1.00 **Women's Test Cricket**
2.00 **FA Cup** Match highlights.
3.00 **UEFA Europa League & Conference League Magazine**
4.00 **to 6.00** AM **Men's Cycling**

TNT Sports 2

411 414 522 409 431

6.00 AM LIVE **Test Cricket Australia v India.** The fourth and final day from the one-off Test from Western Australian Cricket Association Ground in Perth.
1.30 PM **Sign Up – Into Football**
2.15 LIVE **Cycling** The second stage of the men's Paris-Nice, a 187km route from Epone to Montargis.
4.15 **FA Cup: The People's Story** The story of the first women's FA Cup final to be played at Wembley.
4.30 **Training Day** Best of the series.
5.00 LIVE **World Baseball Classic Great Britain v Brazil.** Coverage of the Pool B match staged at Daikin Park in Houston.
8.30 **Women's Test Cricket** Highlights of Australia v India Western Australian Cricket Association Ground in Perth.
9.30 **Fight Week** The biggest news coming out of UFC 326.
10.00 **UFC** Another chance to see UFC 326 at T-Mobile Arena in Las Vegas, Nevada, feautring Max Holloway v Charles Oliveira.
1.00 AM **UFC Reloaded**
3.30 **Fight Week** UFC 326 review.
4.00 **Women's Test Cricket**
5.00 **to 6.00** AM **Fishing**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** Another chance to see Leigh Leopards v Wigan Warriors from 2025.
9.00 **Super League** St Helens v Leigh Leopards from 2025.
12.00 NOON **NFL Highlights** San Francisco 49ers v LA Rams.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** San Francisco 49ers v Los Angeles Rams.
4.00 **NBA 90's** A classic match.
4.30 **NBA 80's** Archive action.
5.00 **NFL Highlights** Washington Commanders v Seattle Seahawks.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show.
8.00 **NBA Basketball** Brooklyn Nets v Minnesota Timberwolves.
10.00 **NBA on Fire** The latest news.
10.30 LIVE **NBA Basketball Oklahoma City Thunder v Denver Nuggets.** Coverage of the Western Conference match at Paycom Center. Kick-off **11.30pm**.
2.00 AM LIVE **NBA Basketball Los Angeles Clippers v New York Knicks.** Coverage of the inter-conference match held at Intuit Dome. Tip-off **2.00am**.
5.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
5.00 **The Premier League Show** A daily guide to the top flight.
6.00 LIVE **WTA & ATP Tennis** Coverage of the sixth day of the Indian Wells Open, a hard-court tournament at Indian Wells Tennis Garden in California, featuring matches in the third round. Cameron Norrie saw his run at last year's tournament come to an end at this stage, as the British player lost 3-6 5-7 to the number 10 seed Tommy Paul, but there was no such trouble for Jack Draper as he booked a place in round four by beating Jenson Brooksby 7-6 6-4. Elsewhere, there were victories for the likes of Carlos Alcaraz, Holger Rune, and Tallon Griekspoor, who followed his second-round victory over the tournament's top seed Alexander Zverev by defeating the 29th seed, Giovanni Mpetshi Perricard.
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Formula 1** Australian Grand Prix.
8.00 **PGA Tour Golf** Cognizant Classic.
9.00 **PGA Tour Champions**
10.00 **TGL** Two match replays.
2.00 PM **PL Greatest Games**
3.00 **Men's T20 World Cup** Highlights of England v Scotland.
4.00 **ATP Tennis** Dubai Championships.
5.00 **Indycar** The Firestone Grand Prix of St. Petersburg in Florida.
6.00 **Formula 1** Australian Grand Prix.
7.00 **Super League** A replay of Wakefield Trinity v Hull FC.
9.45 **My Icon** Rachel Yankey.
10.00 **PGA Tour Golf** Action from day four of the Puerto Rico Open.
11.00 **Formula 1** Australian Grand Prix.
12.00 M'T **The Insiders** NFL news.
1.00 AM **NFL Highlights**
2.00 **Super League** St Helens v Leeds.
4.45 **NFL Bitesize Highlights**
5.00 **to 6.00** AM **Men's T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League Stories**
6.30 **FA Cup** Highlights of games from the fifth round of the tournament.
1.30 PM **FA Cup: The People's Story**
1.45 **Serie A** Football from Italy.
3.45 **Women's One-Day International Cricket** Action from New Zealand v Zimbabwe.
4.45 **The WRC Magazine** The latest action from Safari Rally Kenya.
5.15 **Sign Up – Into Football**
6.00 LIVE **Ultimate Pool** Coverage from Group B of the last eight of the Women's Champions League.
9.30 **MotoGP Rewind** Action from the Grand Prix of Thailand.
9.45 **A-League Highlights** Action from the 20th round of fixtures.
10.15 **The Gruppetto** Cycling news.
10.30 **Men's Cycling** Tirreno Adriatico. **11.30** Paris-Nice stage two.
12.30 AM **TNT Sports Cricket Reload**
1.15 **Formula E Flashback**
1.45 **MotoGP Rewind** From Thailand.
2.00 **to 6.00** AM **A-League**

TNT Sports 4

414 416 524 411 434

6.00 AM **Men's Cycling** Paris-Nice.
7.00 **LIV Golf** The final day of the third round of the season in Hong Kong.
8.30 **MotoGP Highlights** Action from the Grand Prix of Thailand.
9.30 **The WRC Magazine** Featuring action from Safari Rally Kenya.
10.00 **AFL** A chance to see St Kilda Saints v Collingwood Magpies.
11.30 **Training Day** Series highlights.
12.00 NOON **PREM Rugby Cup** Action from the semi-finals.
2.00 PM **Alpine Skiing** Action from the meeting at Fassa Valley, Italy. **3.00** In Kranjska Gora, Slovenia.
5.00 **A-League** Featuring highlights from recent matches in the top-flight football league in Australia.
9.00 **Fishing: On the Bank**
10.00 **AIUla** Highlights from the AIFursan Endurance AIUla.
11.00 **Alpine Skiing** In Fassa Valley. **12.00** M'T In Kranjska Gora.
2.00 AM **MLB Classic** World Series.
3.00 **to 6.00** AM **Alpine Skiing**

Premier Sports 1

419 551

6.00 AM **LaLiga** Villarreal v Elche.
8.00 **NHL Ice Hockey**
10.00 **Argentine Primera** Central Cordoba v Boca Juniors.
12.00 NOON **LaLiga** Valencia v Alaves.
2.00 PM **NHL on the Fly**
3.00 **Sporting Greats**
3.30 **LaLiga** Athletic Bilbao v Barcelona.
5.30 **Sporting Greats**
6.00 **LaLiga** Sevilla v Rayo Vallecano.
7.55 LIVE **LaLiga Espanyol v Real Oviedo.** The Spanish top-flight match from RCDE Stadium. Kick-off **8.00pm**.
10.00 **Sporting Greats**
11.00 **NHL Ice Hockey** Vegas Golden Knights v Edmonton Oilers.
1.00 AM LIVE **NHL Ice Hockey Vancouver Canucks v Ottawa Senators.** Coverage of the inter-conference match from Rogers Arena. Face-off **1.00am**.
4.00 **NHL: This is Hockey**
4.30 **Sporting Greats**
5.00 **to 6.00** AM **NHL Tonight**

Premier Sports 2

420 552

6.00 AM **Temples of Sport**
6.30 **NASCAR** Another chance to see the Straight Talk Wireless 500.
10.30 **Bike World** Magazine.
11.00 **NASCAR O'Reilly Series** Action from Phoenix Raceway.
2.00 PM **Motorsport** Valentino Rossi.
2.30 **Temples of Sport**
3.00 **NHL Ice Hockey** Buffalo Sabres v Tampa Bay Lightning replay.
5.00 **Football's Greatest**
6.00 **Argentine Primera** A replay of River Plate v Atletico Tucuman.
8.00 **Elite Ice Hockey League** Glasgow Clan v Guildford Flames.
10.00 **NHL: This is Hockey**
11.00 LIVE **NHL Ice Hockey Philadelphia Flyers v New York Rangers.** Coverage of the Eastern Conference match from Xfinity Mobile Arena. Face-off **11.00pm**.
2.00 AM **Temples of Sport**
2.30 **NHL Specials** Florida Panthers.
3.00 **Argentine Primera**
5.00 **to 6.00** AM **Motorsport**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Another chance to see the Australian Grand Prix.
10.30 **Ted's Notebook**
11.00 **Formula 1** The Australian Grand Prix first and second practices.
1.30 PM **The F1 Show**
2.30 **Formula 1** The Australian Grand Prix third practice session.
3.45 **Oscar Piastri IV**
4.00 **Formula 1** Australian Grand Prix.
6.00 **Ted's Notebook**
6.30 **F1 Features**
7.00 **Formula 1** Another chance to see the Australian Grand Prix at Albert Park Circuit in Melbourne.
9.15 **Ted's Notebook**
9.45 **Brad Pitt x McLaren**
10.00 **Indycar** Good Ranchers 250.
12.30 AM **Ted's Notebook**
1.00 **to 6.00** AM **The Best of F1**

Tuesday

10 March

Evening Planner

Tuesday

Football

Champions League
TNT Sports & Prime Video
The round-of-16 first legs take place tonight and tomorrow, with clubs including Spurs and Liverpool in action.

Crime Drama

Ellis
5, 9pm
Sharon D Clarke reprises her role as the formidable DCI Ellis, who is assigned to the case of a businessman's murder.

OnDemand

NETFLIX

I Swear
Available today
Robert Aramayo stars in this fact-based drama inspired by the life of Tourette's campaigner John Davidson.

OnDemand

NETFLIX

One Piece
Available today
Luffy and the Straw Hats enter the treacherous Grand Line, as the live-action adaptation returns for a second series.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES									
101	BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon		9.00 MasterChef: The Professionals		10.00 News; Local News	
102	BBC2	7.00 Great British Menu		8.00 Digging for Britain		9.00 Europe on the Edge with Katya Adler		10.00 QI	10.30 Newsnight
103	ITV1	7.15 The Martin Lewis Money...		8.00 Emmerdale	8.30 Coronation...	9.00 The Summit		10.00 News; Local News	
104	CHANNEL 4	7.00 News		8.00 M&S v Aldi: Battle of the Brands		9.00 Handcuffed: Last Pair Standing		10.00 Gogglebox	
105	5	7.00 Celebrity Puzzling		8.00 The Yorkshire Vet		9.00 Ellis		10.00 Fare Dodgers: At War with the Law	
106	SKY ONE	7.00 The Simpsons		8.00 Rob & Romesh vs Hip Hop		9.00 The Dyers' Caravan Park		10.00 Ted	
ENTERTAINMENT									
115	BBC3	7.05 Deadly 60	7.30 The Weakest Link		8.15 Alan Carr's Picture Slam	9.00 RuPaul's Drag Race UK vs the World			10.15 Film: Cat Person
116	BBC4	7.00 Villages by the...	7.30 Canal Walks...	8.00 Keeping Up...	8.30 Sorry!	9.00 A History of Britain by Simon Schama		10.00 Mistress Dispeller: Storyville	
118	ITV2	7.00 Wheel of Fortune		8.00 Ant & Dec's Limitless Win		9.00 The Princess Diaries		10.00 Family Guy	
136	MORE4	◂ 6.55 The Dog House Australia		8.00 Car S.O.S.		9.00 Saving Country Houses with Penelope...		10.00 24 Hours in A&E	
135	E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.10 First Dates			
107	SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 The Rookie		10.00 Law & Order: Special Victims Unit	
108	SKY ATLANTIC	◂ 6.55 The Pacific		8.00 Game of Thrones		9.00 Chernobyl			
110	U&GOLD	7.00 Porridge	7.45 Dad's Army		8.20 Are You Being Served?	9.00 Bottom			10.20 Men Behaving Badly
111	U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI XL	
119	ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Endeavour	
120	ITV4	7.05 More Than Machine		8.00 Film: Live and Let Die					
112	COMEDY CENTRAL	7.00 Friends				9.00 Film: The Rock			
145	SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld		10.00 The Leftovers	
143	U&DRAMA	◂ 6.40 Last of the Summer Wine		8.00 Whitstable Pearl				10.00 New Tricks	
109	U&ALIBI	7.00 Father Brown		8.00 Death in Paradise		9.00 Father Brown		10.00 Death in Paradise	
122	SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Stories from the National Gallery		9.00 Liza Minnelli: Hollywood's Golden Child			10.15 Glenn Close: A Feminist...
132	U&W	7.00 DIY SOS: The Big Build		8.00 999 Rescue Squad		9.00 One Born Every Minute			
DOCUMENTARY									
125	DISCOVERY	7.00 Wheeler Dealers				9.00 Gold Rush		10.00 Gold Rush: Mine Rescue with Freddy...	
162	ANIMAL PLANET	7.00 Treehouse Masters		8.00 The Pool Master		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
129	NAT GEO	7.00 Air Crash Investigation		8.00 Liberation: D-Day to Berlin				10.00 Hitler's Last Stand	
123	SKY HISTORY	7.00 Forged in Fire		8.00 Weird Britain		9.00 Britain's X Files		10.00 Secrets in the Sand	
155	U&YESTERDAY	7.00 The Americas with Simon Reeve		8.00 Bangers & Cash: Restoring Classics		9.00 Bangers & Cash			
114	SKY DOCS	◂ 6.55 The Comedy Store		8.00 David Fuller: Monster in the Morgue				10.00 OJ: Made in America	
FILMS - Sky Cinema									
301	PREMIERE	◂ 6.15 Adulthood		8.00 Icefall			9.45 Jurassic World: Rebirth		
302	AWARD SEASON	◂ 6.00 Ocean's Eleven		8.00 Nosferatu					10.15 Get Out
303	ACTION HEROES	◂ 5.40 Fast & Furious Presents Hobbs &...		8.00 Mission: Impossible – The Final Reckoning					
304	GREATS	◂ 5.50 Batman Returns		8.00 Batman Forever				10.05 Batman & Robin	
305	ANIMATION	◂ 5.35 Spider-Man: Into...	7.35 Mr Peabody & Sherman			9.10 Pets on a Train			10.40 Open...
306	FAMILY	◂ 6.00 Look Who's...	7.30 Hook					10.00 The Last Airbender	
307	ACTION	◂ 5.45 Fast & Furious 6		8.00 Fast & Furious 7					10.20 Fast & Furious 8
308	COMEDY	◂ 6.25 The Naked Gun		8.00 White Chicks				10.00 Little Fockers	
309	THRILLER	◂ 6.00 Ocean's Eight		8.00 Collateral				10.05 American Gangster	
310	DRAMA	◂ 6.15 About a Boy		8.00 Valentine's Day				10.05 The Blind Side	
311	SCI-FI	◂ 5.35 Ready Player One		8.00 Mad Max			9.45 Mad Max 2		
313	FILM4	◂ 6.40 Jumanji: The Next Level				9.00 Ticket To Paradise			
SPORT									
401	MAIN EVENT	◂ 1.00 The Players...	7.30 EFL – Live: Stoke City v Ipswich Town (Kick-off 8.00)						10.30 Tennis – Live
402	PREMIER LEAGUE	7.00 Gillette Labs Soccer Special							10.15 Netbusters
403	FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Stoke City v Ipswich Town (Kick-off 8.00)						10.30 EFL Goals
405	CRICKET	7.00 IPL		8.00 ICC Men's T20 World Cup		9.00 IPL		10.00 ICC Men's T20 World Cup	
410	TNT SPORTS 1	◂ 5.00 UEFA Champions League – Live: Coverage of two matches from a round-of-16 first-leg tie						10.00 UEFA Europa League & Conference...	
411	TNT SPORTS 2	7.00 PL Legends	7.30 UEFA Champions League – Live: Coverage from a round-of-16 first-leg tie					10.00 Fight Week	10.30 PL Stories

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Tuesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Bear Grylls: Wild Reckoning** New edition A mum and daughter try to mend their relationship. (S)
2.30 **Amanda & Alan's Spanish Job** (R)
3.00 **Escape to the Country** New edition North Wessex Downs.
3.45 **The Repair Shop on the Road** New edition Turning a phone box into a defibrillator station. (S)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 The One Show
Alex Jones and Roman Kemp present the topical show. (S)

7.30 EastEnders
A situation escalates for two Walford residents, while Max and Lauren find themselves at loggerheads. (S)(AD)

8 PM

8.00 NEW SERIES Sort Your Life Out with Stacey Solomon
1/6. Stacey and her decluttering team help the King family organise their home in Fife, which is full of countless knick-knacks, random objects and unfinished DIY projects. (S)(AD)

9 PM

9.00 MasterChef: The Professionals
New edition 13/21. The best chefs from the heats return for Knockout Week and must impress the judges with an invention test. (S)(AD)
■ Continues tomorrow

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 FILM Marry Me
Romantic comedy starring Jennifer Lopez, Owen Wilson and Maluma. Music superstars Kat and Bastian are preparing to get married before a global audience of fans. But when Kat learns, seconds before her vows, that Bastian has been unfaithful, she instead decides to marry Charlie, a stranger in the crowd. With John Bradley. (S)(AD)
(2022, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.00 AM **Bear Grylls: Wild Reckoning**
6.30 **The Repair Shop on the Road** (R)
7.15 **Bargain Hunt** (S)(R)
8.00 **Sign Zone: Gladiators** (S)(R)(AD)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Unbeatable** Game show. (S)(R)
2.30 **The Boss** Quiz show. (S)(R)
3.15 **Weatherman Walking** New edition The remote Berwyn mountains. (S)
3.30 **New Zealand: Earth's Mythical Islands** Documentary. (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** (R)
5.05 **Flog It!** From Sheffield. (S)(R)
6.00 **Richard Osman's House of Games** New edition With guests Chris McCausland, Claire Richards, Adele Roberts and Olly Smith. (S)
6.30 **Do You Know Your Place?** New edition From Taunton. (S)

9.00 Europe on the Edge

7.00 Great British Menu
New edition Four chefs from central England serve their canapes, starters and fish, including a Jerusalem artichoke and turnip dish and an Art Deco-styled monkfish. (S)(AD)
■ Continues tomorrow

8.00 Digging for Britain
Just outside Leicester, Alice Roberts joins a team who are investigating a mound thought to be an Iron Age hillfort, while in Cambridge, archaeologists unearth an extraordinary array of exquisite artefacts. (S)(R)(AD)

9.00 Europe on the Edge with Katya Adler
New edition 2/3. The journalist continues her journey through Germany and into Spain, meeting a group of nationalists in Catalonia. (S)(AD)
■ Entire series on BBC iPlayer

10.00 QI
Guests Sally Phillips, Sara Pascoe and Ross Noble join regular panellist Alan Davies and host Sandi Toksvig. (S)(R)
10.30 Newsnight (S)
11.00 **Forensics: The Real CSI** 2/5. Police hunt for a man who raped a woman in a phone box. (S)(R)(AD)
12.00 M'T **Last Woman on Earth with Sara Pascoe** Denmark. (S)(R)(AD)
1.00 AM **Sign Zone: The Apprentice** (R)
2.05 **Sign Zone: The Apprentice: Unfinished Business** (S)(R)(AD)
2.35 **Sign Zone: We Might Regret This** 2/4. (S2) (S)(R)(AD)
3.00 **Sign Zone: Marcus Wareing Simply Provence** (S)(R)
3.30 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** Current affairs and lifestyle features. (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
12.15 PM **ITV News** (S)
12.35 **Local News** (S)
12.45 **LIVE Racing: Cheltenham Festival** Ed Chamberlin presents coverage of day one of the prestigious festival, where the feature race is the 4.00 Unibet Champion Hurdle. Races also take place at 1.20, 2.00, 2.40, 3.20 and 4.40. Analysis from AP McCoy, Mick Fitzgerald, Ruby Walsh and Megan Nicholls, and commentary by Richard Hoiles. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 The Summit

7.15 The Martin Lewis Money Show: Live
New edition The cash expert is back with all the latest need-to-know financial headlines of the week in his topical Big Briefing, and he also takes viewers' questions live. (S)

8.00 Emmerdale
Joe feels unappreciated, and Kim is surprised when she pays a visit to Moira. (S)(AD)
8.30 Coronation Street
Gary intervenes to reconcile Todd and Theo, while Alya gets a concerning message. (S)(AD)

9.00 The Summit
New edition 7/8. The Mountain's Keeper delivers another brutal message, while Dockers seizes an opportunity for more tactical manoeuvring before the climbers scale a vast ice wall. (S)(AD)

10.00 ITV News (S)
10.30 Local News (S)
10.45 FILM Indiana Jones and the Temple of Doom
Steven Spielberg's action adventure starring Harrison Ford and Kate Capshaw. In this prequel to *Raiders of the Lost Ark*, the bullwhip-cracking archaeologist escapes a gang boss in Shanghai and encounters an evil cult in India. (S)(AD)
(1984, PG, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.00 AM **Teleshopping**
3.00 **Dermot O'Leary's Taste of Ireland** 5/5. From Belfast. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.00 **to 6.00** AM **Jeremy Pang's Hong Kong Kitchen** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.35 AM **Cheers** 19-21/26. (S10) (S)(R)
8.00 **LIVE Winter Paralympics** The opening events on day four. (S)
10.30 **LIVE Winter Paralympics** The conclusion of Great Britain v Italy in the mixed team curling. (S)(AD)
11.45 **News** (S)
11.50 **LIVE Winter Paralympics** The slalom stage of the super combined events. (S)(AD)
2.00 PM **LIVE Winter Paralympics** Coverage of the wheelchair curling mixed doubles semi-finals. (S)(AD)
3.40 **Countdown** New edition (S)
4.30 **A New Life in the Sun** (S)(R)
5.30 **Four in a Bed** New edition From Finn Village near Loch Lomond. (S)
6.00 **Come Dine with Me** New edition Plumber Richard plays host. (S)
6.30 **Winter Paralympics Highlights** Action from day four. (S)(SL)

9.00 Handcuffed: Last Pair Standing

7.00 News (S)
7.55 The Political Slot
Sioned Williams, Member of the Senedd for South Wales West, sets out Plaid Cymru's childcare policy. (S)

8.00 Aldi v M&S: Battle of the Brands
New edition Kate Quilton looks at the story of the supermarket showdown between two of the biggest brands in the business, revealing how much the two retailers now overlap. (S)(AD)

9.00 Handcuffed: Last Pair Standing
New edition Youth worker Chris learns about an incident from his partner Bob's past, while eco-warrior Morag is shocked by petrolhead Angie's views on climate change. (S)(AD)

10.00 Gogglebox
The armchair critics share their opinions on *Race Across the World*, *The Last of Us*, *Married at First Sight Australia*, *Chess Masters: The Endgame* and WrestleMania. (S)(R)(AD)
11.00 **Gogglebox** (S)(SL)(R)(AD)
12.05 AM **Open House: The Great Sex Experiment** (S)(R)(AD)
1.05 **Ramsay's Kitchen Nightmares USA** From Rhode Island. (S)(SL)(R)
1.50 **The Last Leg** (S)(SL)(R)
2.45 **Travel Man: 48 Hours in Prague** With Adam Buxton. (S)(SL)(R)(AD)
3.10 **Couples Come Dine with Me** (R)
4.05 **Our Welsh Chapel Dream** (S)(R)
5.00 **Location, Location, Location** (R)
5.55 **to 6.35** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Good Ship Murder** 7/7. A stolen artefact tied to true love becomes the centrepiece of a heist. (S2) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Kayleigh's girl group have their first paid performance. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition Efforts to restore trees in Dartmoor. (S)
6.05 **Susan Calman's Grand Day Out** The comedian explores Nottinghamshire. (S)(R)
6.55 **News** (S)

8.00 The Yorkshire Vet

7.00 **Celebrity Puzzling** New edition Jeremy Vine hosts, with team captains Carol Vorderman and Sally Lindsay joined by Stephen Bailey and Jon Culshaw. (S)
7.55 **News** (S)

8.00 **The Yorkshire Vet** New edition Peter Wright faces an emergency when a spaniel is rushed in after being hit by a car, Matt Smith X-rays a giant tortoise, and Shona Searson deals with a pregnant cow. (S)

9.00 **NEW SERIES Ellis** *Ashenham – Part One:* 1/4. Return of the crime drama. The detective helps in the investigation into a businessman's murder. *See feature, page12.* (S2) (S)(AD) ■ Continues tomorrow

10.00 **Fare Dodgers: At War with the Law** Investigators go on the trail of a fare dodger they suspect has avoided paying for more than 200 journeys, and officers monitor a hot spot for fare evasion. (S)(R)

11.05 **Call the Bailiffs: Time to Pay Up** Alex recovers a debt of £700 owed by a garage to an unhappy customer. (S)(R)(AD)
12.05 AM **Rogue Claimers** (S)(R)
1.00 **Teleshopping** (S)(R)
2.30 **Friends** (S3) (S)(R)(AD)
2.55 **The Yorkshire Vet** (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S1) (S)(R)
9.00 **NCIS: Los Angeles** (S13) (S)(R)
10.00 **Will & Grace** (S1) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **David Attenborough's Galapagos** 1/3. Exploring the Pacific archipelago. (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
2.00 **NCIS: Los Angeles** (S13) (S)(R)
3.00 **S.W.A.T.** 1/22. (S1) (S)(R)(AD)
4.00 **Police 24/7** (S)(R)
5.00 **The Simpsons** (S)(R)
6.00 **The Office (US)** 17/19. Michael decides to set up a stall at a job fair at Pam's college to hire a summer intern. (S)(R) **6.30** 18/19. Part one of two. Phyllis throws a huge bash for Toby's goodbye party. (S4) (S)(R)

9.00 The Dyers' Caravan Park

7.00 **The Simpsons** *Havana Wild Weekend:* The family take a trip to Cuba in search of cheap medical care for Grampa. (S)(R) **7.30** *Dad Behaviour:* Grampa discovers he is about to become a father again. (S)(R)

8.00 **Rob & Romesh vs Hip Hop** Rob Beckett and Romesh Ranganathan head to New York City to immerse themselves in the world of rap, meeting the Wu Tang Clan's Raekwon, one of Romesh's heroes. (S)(R)(AD)

9.00 **The Dyers' Caravan Park** New edition *That's Entertainment:* 4/6. Danny and Dani face pushback from the locals after they try to freshen up the bar's beer and plan a new playground.

10.00 **Ted** *Talk Dirty to Me:* 1/8. John and Ted use a school phone to call a sex hotline, but the charges end up costing thousands of dollars. (S)(R) **10.45** *Mrs Robicheck:* 2/8. The talking bear starts a risky affair with a married woman and becomes emotionally invested. (S2) (S)(R)
11.30 **Grimm** 11/22. Nick and Hank hunt for a woman who is actually a spider creature that devours the internal organs of men to survive. (S1) (S)(R)
12.30 AM **Police 24/7** (S)(R)
1.30 **The Force: Manchester** (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** 11/24. (S1) (S)(R)
4.00 **S.W.A.T.** 1/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R)(AD) **10.40** Would I Lie to You? (S)(R) **11.10** FILM Marry Me (S)(AD) (2022, 12, 105min) ★★★ **12.55am** Scotcast (S)(R) **1.25** Weather for the Week Ahead (S) **1.30-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Mums in Crisis – Spotlight (S)(R) **11.10** FILM Marry Me: As Scotland. **12.55am** Have I Got News for You (S)(R) **1.30-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm The Truth About My Murder Series finale (S) **11.20** FILM Marry Me: As Scotland. **1.05-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
1.45pm First Minister's Questions (S) **2.45** Unbeatable (S)(R) **3.30** The Boss (S)(R) **4.15-4.30pm** Weatherman Walking (S)(R)

ITV1

As main ITV1 except:
WALES
10.45pm Sharp End (S) **11.45** Tour de Fred – Ireland: Part Deux (S)(R) **12.40-1.00am** Vanished Wales New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymry ar Gynfas **12.30** Heno **1.00** Cegin Bryn: Tir a Môr **1.30** Cefn Gwlad (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Busnes Bwyd **4.00** Awr Fawr **5.00** Stwnsh **6.00** Arfordir Cymru: Llyn **6.30** Sgorio **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** NEW Fy Ffrind ar Death Row **10.00** Taith Bywyd (AD) **11.00-11.35pm** Y Fets (AD)

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall explores Madagascar.
7.30 **The Weakest Link** With Marcus Brigstocke, Rita Simons, Jamie Laing, Nicki Chapman, Babatunde Aléshé, Yvette Fielding, Tony Blackburn and Chunkz.
8.15 **Alan Carr's Picture Slam** Contestants from Essex, Aberdeenshire, Glasgow and Durham take part.
9.00 **RuPaul's Drag Race UK vs the World** New edition 7/8. The queens drag up a host of Team GB Olympians. With pop superstar Anastacia.
10.15 FILM **Cat Person** Drama starring Emilia Jones and Nicholas Braun. A student begins dating an older man and realises that his persona in real-life doesn't match his flirty texts. (2024, 15, 118min) ★★★★
12.05 AM **The Beauty Queen and the Catfish**
2.20 **Men of the Manosphere**
3.20 **to 3.50** AM **Tommy: The Good. The Bad. The Fury**

BBC4

116 119 107/108 9/24 106 108 11

7.00 PM **Villages by the Sea** Ben Robinson heads to Bamburgh, Northumberland.
7.30 **Canal Walks with Julia Bradbury** The Worcester and Birmingham Canal.
8.00 **Keeping Up Appearances** Daddy gets engaged.
8.30 **Sorry!** An insanely jealous man takes an interest in Timothy's girlfriend.
9.00 **A History of Britain by Simon Schama** A look at the Battle of Hastings.
10.00 NEW **Storyville: Mistress Dispeller** The emergence of a discreet new industry in China preserving marriages threatened by infidelity.
11.30 **Border Country: The Story of Britain's Lost Middleland** Documentary.
12.30 AM **Bridget Riley: Painting the Line**
1.30 **Villages by the Sea**
2.00 **Canal Walks with Julia Bradbury** As 7.30pm.
2.30 **to 3.30** AM **The Secret Rules of Modern Living: Algorithms**

MORE4

136/137 127 147 18 124 15

8.55 AM **The Perfect Pitch**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a 1962 Mini Cooper belonging to a former rally driver. **5.50** Revisiting vehicles from the first four series.
6.55 **The Dog House Australia** The Prestia family must decide whether to take on a bonded pair of dogs.
8.00 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a 2002 Suzuki Jimny. This cherished 4x4, filled with memories, was gifted to retired nurse Joanna by her late father.
9.00 **Saving Country Houses with Penelope Keith** New edition Nova Guest has decided to get to grips with Ashby Manor's parkland, and restore the views to the original vision of architect Edwin Lutyens.
10.00 **24 Hours in A&E** A young woman's kidneys are suspected to be failing.
11.05 **24 Hours in A&E**
12.10 AM **Saving Country Houses with Penelope Keith** As 9.00pm.
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen...**
8.00 **The Goldbergs**
9.00 **Modern Family**
10.00 **Married at First Sight Australia** Reality series.
12.00 NOON **Ramsay's Kitchen Nightmares USA**
1.00 PM **The Simpsons**
2.00 **Modern Family**
3.00 **Married at First Sight Australia** Reality series.
5.00 **Celebrity Coach Trip**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** Theresa pushes Mercedes to give Warren another chance.
7.30 **Married at First Sight Australia** New edition One wedding goes badly when the groom forgets the rings.
9.10 **First Dates** Beauty salon boss Kenny tries to impress.
10.15 **First Dates** A meeting goes well until a mutual friend comes up in conversation.
11.20 **Naked Attraction's Best Naughty Bits**
12.20 AM **Gogglebox**
1.30 **Married at First Sight Australia** As 7.30pm.
3.00 **First Dates**
3.50 **The Simpsons**
4.15 **The Goldbergs**
5.05 **to 6.00** AM **Don't Tell the Bride: Revisited**

Tuesday primetime

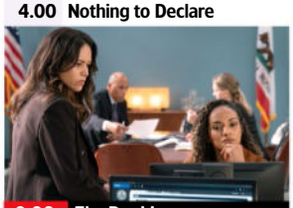
TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
9.00 **Send in the Dogs**
10.00 **Air Ambulance ER**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 11/13. (S6)
1.00 PM **The Rookie** 9/20. Officer Nolan tries to reunite a family. **2.00** 10/20. The team have to escort a female serial killer to the graves of her victims. (S2)
3.00 **Law & Order: Criminal Intent** 18/23. A father and son are murdered. (S2)
4.00 **Nothing to Declare**


9.00 The Rookie

7 PM 7.00 **Police 24/7** A traffic stop leads to the seizure of a machine gun and drugs, and officers search an abandoned house.

8 PM 8.00 **Caught on Dashcam** Outrageous road disasters captured via dashboard cameras.

9 PM 9.00 **The Rookie** New episode *Cut and Run:* 4/18. While out in the city, Nolan and Bailey witness a murder. (S8)

10 PM 10.00 **Law & Order: Special Victims Unit** *Combat Fatigue:* 10/13. Carisi waits for a verdict in Maddie's kidnapping case. (S25)
11.00 **FBI** 10&8/13. (S6)
1.00 AM **Law & Order: Criminal Intent** 6/8. (S10)
2.00 **FBI: International** 1/21. (S1)
3.00 **Road Wars**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.55 **The Sopranos** 7&8/13. (S1)
10.00 **The Pacific** 1–4/10. (S1)
2.00 PM **The Pacific** 5/10. Sledge has a harrowing first experience of combat. **2.55** 6/10. The Marines prepare to launch an attack. **3.50** 7/10. The conflict on Peleliu takes its toll on Sledge. **4.45** 8/10. Basilone turns his hand to training new recruits. **5.50** 9/10. Sledge's division witnesses the impact of war on Japanese civilians. (S1)

11.30 Euphoria

6.55 **The Pacific** *Home:* 10/10. The Marines return home following the Japanese surrender. (S1)

8.00 **Game of Thrones** *Oathkeeper:* 4/10. Jaime finally visits Tyrion in jail, and also has a mission for Brienne. (S4)

9.00 **Chernobyl** *Open Wide, O Earth:* 3/5. Lyudmilla ignores all of the warnings about her firefighter husband's contamination.

10.15 **Chernobyl** *The Happiness of All Mankind:* 4/5. Valery Legasov and Boris Shcherbina come up with a life-saving idea. (S1)
11.30 **Euphoria** 3/8. Rue pursues a new business venture. **12.35** AM 4/8. Nate and Maddy speak face to face. **1.45** 5/8. Drama. (S2)
2.50 **The Wire** 7/13. (S1)
3.55 **Game of Thrones** (S4)
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Dress to Impress**
8.25 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly...**
12.15 PM **Ant & Dec's Limitless Win**
1.15 **Wheel of Fortune**
2.15 **The Only Way Is Essex**
3.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

8.00 Ant & Dec's Limitless Win

7.00 **Wheel of Fortune** Graham Norton hosts as contestants compete for the chance to spin the wheel and win big money.

8.00 **Ant & Dec's Limitless Win** A brother and sister-in-law, and a father and son-in-law take on the Limitless Ladder.

9.00 **The Princess Diaries** New edition 3/4. Princess faces big decisions on moving out, money and her beauty launch.

10.00 **Family Guy** 4/20. Peter and Lois get transported into a cutaway joke. **10.35** 13/20. Stewie designs a robot. (S19)
11.05 **Family Guy** 15/20. Stewie builds a DNA-altering machine that will allow him to remain smart forever. (S18)
11.30 **American Dad!** (S16)
12.30 AM **Bob's Burgers** (S13)
1.30 **The Princess Diaries**
2.30 **to 3.00** AM **Plebs**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.25 PM **Midsomer Murders** *A Worm in the Bud:* A land feud leads to murder.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Thursday's Children:* Mason and Dawson attempt to trace Rosie's whereabouts in Australia.

10.00 Endeavour

6.55 **Heartbeat** *The Middle of Somewhere:* Mason and Dawson continue looking for Rosie, and turn their attention to a roadhouse.

8.00 **Vera** *Cuckoo:* The detective investigates the discovery of an unidentified teenage boy's body in a coastal town's shipyard, and discovers that the quiet community conceals a serious drugs problem. Guest stars Mark Addy.

10.00 **Endeavour** *Terminus:* The team are called to investigate the violent and peculiar murder of an Oxford college don.
11.50 **A Touch of Frost** *Penny for the Guy:* Jack races against time to locate a psychopathic kidnapper threatening to kill a boy unless a supermarket magnate pays a ransom.
1.50 AM **On the Buses**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **The Big Match Revisited**
8.25 **The Protectors**
9.00 **Racing: The Opening Show**
10.00 **River Monsters**
10.30 **Boon**
11.45 **The Sweeney**
12.50 PM **Dempsey and Makepeace**
1.50 **Magnum, PI**
2.50 **Kojak**
3.50 **Boon**
4.55 **The Sweeney**
6.05 **Minder**

2.50 Kojak

7.05 **More Than Machine** New edition The trials and tribulations of competing in rally driving at the highest level.

8.00 **FILM Live and Let Die** James Bond adventure starring Roger Moore. British secret agent 007 encounters man-eating alligators and sinister voodoo priests when he tackles a mastermind who is planning to flood the US with heroin. (1973, PG, 121 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including Thunder Rosa.
12.35 AM **Dark Side of the Ring** Herb Arams' tragic attempt to build a wrestling empire.
1.25 **Auf Wiedersehen, Pet**
2.25 **Auto Mundial**
2.50 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Harbour** The crew of the *Bibby Sapphire* prepare for a storm.
8.00 **This Farming Life** New edition 3/12. Zara worries that Callum's quad bike accident has had a lasting effect.
9.00 NEW **Dunblane: How Britain Banned Handguns** The campaign to ban private handgun ownership in the UK in the wake of the 1996 Dunblane massacre.
10.00 **Scotland: The Promised Land** 3/3. Examining the struggle between two ideologies that emerged after World War One.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files** The criminologist examines the complex topic of terrorism.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
9.00 **Ballers** 1&2/10. (S1)
10.15 **Sex and the City** (S4)
11.30 **Entourage** (S6)
12.30 PM **Will & Grace** (S7)
1.30 **Sex and the City** (S4)
2.45 **Ballers** 3&4/10. (S1)
3.55 **And Just Like That...**
4.45 **The Office (US)** (S4)
5.45 **Will & Grace** (S7)
6.45 **Community** (S2)
7.45 **Sex and the City** 17/18. Carrie submits her first article for *Vogue*. **8.20** 18/18. Carrie drops in on Big and is shocked to discover he is leaving New York. (S4)
9.00 **Saturday Night Live** Satirical US sketch show.
10.30 **And Just Like That...** 3/11. Carrie conjures an excuse to get out of an audiobook taping. (S2)
11.20 **Community** (S2)
12.20 AM **Entourage** (S6)
1.20 **Ballers** 9&10/10. (S3)
2.35 **Curb Your Enthusiasm**
3.45 **to 5.00** AM **Veep**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Pavarotti in the Park**
8.05 **The Joy of Painting**
9.05 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Classic FM's Rising Stars**
3.00 **Battle of the Bagpipes**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Stories from the National Gallery**
9.00 **Liza Minnelli: Hollywood's Golden Child** Documentary.
10.15 **Glenn Close: A Feminist Force**
11.30 **Paul McCartney & Wings – One Hand Clapping**
1.00 AM **Landscape Artist: Celebrity Special**
2.00 **Best of Landscape Artist of the Year** Series finale
3.00 **The Warhol Effect**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 17/20. (S1)
5.00 **Stargate SG-1** (S3)
6.00 **Star Trek: Voyager** (S7)
7.00 **Star Trek: The Next Generation** 25/26. (S7)
8.00 **Primeval** 3/10. Burrowing creatures threaten the safety of a hospital. (S3)
9.00 **Fire Country** 10/22. (S1)
10.00 **FBI: International** (S1)
11.00 **Grimm** 6/13. (S6)
12.00 M'T **Warrior** 1/10. (S2)
1.00 AM **The Force: Manchester**
2.00 **Brit Cops: War on Crime**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show hosted by Warwick Davis.
3.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six new contestants the chance to win a fortune.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Alana tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the quiz hosted by Adil Ray.
9.00 **Celebrity Wheel of Fortune** Graham Norton hosts the game show as AJ Odudu, Gok Wan and Charlotte Church compete to solve word puzzles.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.50 AM **Tenable** Quiz.
1.45 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Location, Location, Location Revisited**
10.00 **Our Welsh Chapel Dream** Documentary.
11.00 **Come Dine with Me**
11.30 **Four in a Bed**
12.00 NOON **A New Life in the Sun** From France.
1.00 PM **A Place in the Sun: Home or Away**
2.00 **A Place in the Sun: What Happened Next?**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **Location, Location, Location** From London.
7.00 **Nando's vs KFC: Battle of the Brands**
8.00 **Batch from Scratch: Cooking for Less**
9.00 **24 Hours in A&E**
10.00 FILM **Fury** War drama. (2014, 15, 134min) ★★★
12.40 AM **Molly vs the Machines** Documentary.
2.25 **24 Hours in Police Custody** 1&2/2.
4.30 **to 4.40** AM **Sunday Brunch**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 16/26. (S6)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 17/26. (S6)
2.00 **Primeval** 6&7/7. (S4)
4.00 **Stargate SG-1** 9/22. (S3)
5.00 **Star Trek: Voyager** 19/26. Romance blossoms. (S2)
6.00 **Star Trek: The Next Generation** 16/26. Part one of two. Worf learns the truth about his father's fate. (S6)

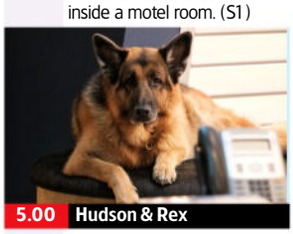
11.00 Wynonna Earp

7.00 **Star Trek: Deep Space Nine** *Wrongs Darker Than Death or Night:* 17/26. Kira tries to discover the truth about her mother. (S6)
8.00 **Stargate SG-1** *Rules of Engagement:* 9/22. The team encounter a planet of soldiers engaged in a deadly war game. (S3)
9.00 **Westworld** *Passed Pawn:* 7/8. Bernard, Stubbs and William escape from all of the chaos. (S3)
10.00 **The Leftovers** *The Most Powerful Man in the World (and His Identical Twin Brother):* 7/8. On a mercy mission, Kevin assumes an alternate identity. (S3)
11.00 **Wynonna Earp** 10/12. A deadly foe re-emerges. (S4)
12.00 M'T **True Blood** 1/10. Truman Burrell declares war. **1.00** AM 2/10. Eric takes matters into his hands. (S6)
2.00 **Primeval** 6&7/7. (S4)
4.00 **Wynonna Earp** As 11.00pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S14)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 4/23. (S1)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **My Life Is Murder** (S1)
1.00 PM **Death in Paradise** (S6)
2.00 **Murdoch Mysteries** (S14)
4.00 **The Mentalist** 4/23. A wealthy businessman is killed. (S1)
5.00 **Hudson & Rex** 1/8. A murder investigation devolves into a kidnapping. (S7)
6.00 **My Life Is Murder** 2/10. A man is found shot dead inside a motel room. (S1)


5.00 Hudson & Rex

7.00 **Father Brown** *The Theatre of the Invisible:* A landlady is murdered when Radio quiz *Up to You* comes to Kembleford.
8.00 **Death in Paradise** *In the Footsteps of a Killer:* 7/8. The team reopen a seven-year-old murder case. (S6)
9.00 **Father Brown** *The Kembleston Players:* The priest investigates when rehearsals for a play are derailed by a death.
10.00 **Death in Paradise** *Murder Begins at Home:* 8/8. A dead body turns up in the police station. (S8)
11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise**
1.00 AM **My Life Is Murder**
2.00 **Murdoch Mysteries** 2/11. Inspector Brackenreid learns that his youngest son, Bobby, is wanted for murder. (S14)
3.00 **to 4.00** AM **The Diplomat**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Highlights**
9.15 **Are You Being Served?**
9.50 **Last of the Summer Wine**
11.10 **Dad's Army**
11.50 **Porridge**
12.30 PM **Keeping Up Appearances**
1.10 **The Green Green Grass**
1.50 **Dad's Army**
2.25 **Hi-de-Hi!**
3.10 **Are You Being Served?**
3.45 **Porridge**
4.25 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

8.20 Are You Being Served?

7.00 **Porridge** The inmates decide on a wager as the parole board gathers.
7.45 **Dad's Army** A secret weapon goes haywire and threatens the town.
8.20 **Are You Being Served?** A golf professional teaches Captain Peacock how to swing a club.
9.00 **Bottom** The duo become trapped on a fairground ride due for demolition. **9.40** Richie and Eddie's TV is repossessed, giving them ample opportunity to amuse themselves.
10.20 **Men Behaving Badly** Gary celebrates his reunion with Dorothy.
11.00 **Harry Enfield and Chums**
11.35 **Bottom** Double bill.
12.55 AM **Men Behaving Badly**
1.35 **Hi-de-Hi!**
2.15 **Harry Enfield and Chums**
2.45 **Don't Wait Up**
3.30 **to 4.00** AM **The Green Green Grass**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers' Best of British** Britain's love of picnics.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
11.00 **Rick Stein's Fresh Food**
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **World's Most Dangerous Roads** From Sri Lanka.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Fresh Food** Tips for cooking on a budget. **6.30** Designer cream.

7.40 House of Games

7.00 **Would I Lie to You?** With Jo Brand, Joe Lycett, Joe Swash and Ruth Madeley.
7.40 **Richard Osman's House of Games** With Steve Backshall and Ranj Singh. **8.20** With guests Angela Barnes, Melvin Odoom, Greg Rutherford and Denise Van Outen.
9.00 **Have I Got a Bit More News for You** Roy Wood Jr hosts the satirical quiz, with guests Roisin Conaty and Richard Osman.
10.00 **QI XL** Guest panellists Bill Bailey, Jo Brand and Greg Davies join regular panellist Alan Davies and host Stephen Fry.
11.00 **Taskmaster** Iain Stirling waves a stick about, Sian Gibson is crushed by a caravan, and Paul Sinha wrecks a camera.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Hate Thy Neighbour**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.40 **The Bill**
8.35 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
12.55 PM **Classic EastEnders**
2.10 **All Creatures Great and Small** The vets treat a sheepdog that cannot bark.
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Birds of a Feather**
6.00 **Last of the Summer Wine**

8.00 Whitstable Pearl

7.20 **Last of the Summer Wine** Billy finds an enthusiast new recruit for his Merry Men who has excellent credentials.
8.00 **Whitstable Pearl** *Girl, Whitstable Beach:* 1/6. After seven years, a missing woman is spotted on Whitstable Beach.
9.00 **Whitstable Pearl** *Death, the Devil and the Fool:* 2/6. A young girl goes missing at the Whitstable Psychic Fair. (S3)
10.00 **New Tricks** *Eyes Down for a Full House:* Standing investigates the case of a champion greyhound abducted in the 1980s.
11.20 **Shakespeare & Hathaway: Private Investigators** 1/10. Frank and Lu are hired to help close down an old bingo hall. Guest stars Jim Moir. (S3)
12.20 AM **Dalziel & Pascoe**
2.15 **Birds of a Feather**
3.00 **to 4.00** AM **Copper**

+1 hour 243 316 60 260

Tuesday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 21-23/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Ignition:* 11/24. The team investigate the murder of a navy pilot. **7.00** *Flesh and Blood:* 12/24. Tony's father is linked to an attempted assassination. Guest stars Robert Wagner. **8.00** *Jet Lag:* 13/24. An assassin targets a government witness on a flight to the US. (S7)
9.00 **Law & Order** New episode *Report Card:* 5/22. A student is accused of killing his teacher, and when the suspect's age puts the case in limbo, Price and Maroun put the school's policies on trial. (S24)
10.00 **Law & Order: Special Victims Unit** (S22)
1.45 AM **Person of Interest**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Rogue Claimers**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A man arrives with a 13cm-long laceration on his thigh.
9.00 **Street Cops: Catching the Yobs** Officers try to bring in a man and his dangerous dogs.
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **Murder Scene: The Incident Room**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Eggheads**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
12.05 PM **FILM Ride the High Country** Western. (1961, PG, 93min) ★★★★
2.05 **FILM Bend of the River** Western. (1952, PG, 92min) ★★★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors** A suspect assaults Steve with his car keys. **7.00** The firearms team are involved in a doorstep showdown.
8.00 **Motorway Cops: Catching Britain's Speeders** A driver rams a police car and takes off. **9.00** An officer hunts for a car linked to a burglary.
10.00 **Police: Suspect No 1**
11.00 **The X-Files** 2/24. (S1)
12.00 M'T **Mud Mountain Haulers** Documentary.
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **Find It, Fix It, Flog It**
11.00 **DIY SOS: The Big Build**
12.00 NOON **DIY SOS: EastEnders Special**
1.00 PM **Tipping Point**
4.00 **The Supervet: Noel Fitzpatrick** Double bill.
6.00 **DIY SOS: Strictly Special** Stars of *Strictly Come Dancing* join the team in Newcastle.
7.00 **DIY SOS: The Big Build** Building a counselling and therapy centre for bereaved young people.
8.00 **999 Rescue Squad**
9.00 **One Born Every Minute**
11.00 **Nurses Down Under**
11.55 **Louis Theroux: Law & Disorder in Philadelphia**
1.10 AM **Louis Theroux: Life on the Edge**
2.10 **to 3.00** AM **Back from the Dead: Who Kidnapped Me?**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Coastal Railway Journeys**
8.00 **Bangers & Cash**
10.00 **War Factories**
11.00 **Rise of the Nazis**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **War Factories**
5.00 **Rise of the Nazis**
6.00 **Antiques Roadshow**
7.00 **The Americas with Simon Reeve** Simon travels the length of California, scaling one of the world's tallest trees and discovering the dangers of wildfires.
8.00 **Bangers & Cash: Restoring Classics** The team purchase a true British classic – a Triumph TR6 – which is almost too good to touch.
9.00 **Bangers & Cash**
2.00 **to 3.00** AM **Agatha Christie: Lucy Worsley on the Mystery Queen**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Yorkshire Auction House**
4.00 **Long Lost Family**
6.00 **Money for Nothing**
7.00 **Salvage Hunters**
8.00 **Antiques Road Trip** Raj Bisram and Irita Marriott visit Northamptonshire.
9.00 **Who Do You Think You Are?** TV presenter Sue Perkins discovers more about her orphaned grandfather.
10.00 **Long Lost Family: What Happened Next**
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

TUESDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 22/22. (S9)
11.00 FILM **Little House: Look Back to Yesterday** Drama. (1983, U, 90min) ★★
1.00 PM **The Waltons** (S4)
3.00 **Ballykissangel** (S4)
4.10 **Born and Bred** (S2)
5.20 **Doctor Finlay** 1/8. (S4)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 8-10/24. (S3)
9.00 **Brush Strokes** 4/8. Jacko's interest in football is revived. **9.40** 5/8. Jacko tries to help Elmo make a promotional video. (S5) **10.20** Jacko loses his home and his job. (S6)
11.00 **The New Avengers** (S1)
12.00 M'T **The Avengers** (S6)
1.00 AM **M*A*S*H** (S3)
2.25 **Home to Roost** (S4)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM FILM **Meteor Storm** Sci-fi action thriller. (2010, 12, 90min) ★
11.00 **The Baron** 21/30. (S1)
12.00 NOON FILM **A Time for Killing** Western. (1968, 15, 83min) ★★
1.55 PM FILM **The Doolins of Oklahoma** Western. (1949, b/w, U) ★★
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The New Avengers** (S2)
7.00 **The Avengers** (S5)
8.00 **The Baron** 22/30. (S1)
9.00 FILM **Cell** Sci-fi thriller. (2014, 15, 95min) ★★★
11.05 FILM **NYC: Tornado Terror** Disaster movie. (2008, PG, 90min) ★★
1.05 AM **The Baron** (S1)
2.05 **The New Avengers** (S2)
2.50 **The Avengers** (S5)
3.45 FILM **Lone Rider** Western adventure. (2008, PG, 80min) ★★
5.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Unforgettable** (S1)
9.20 **In Plain Sight** 1/12. (S1)
11.05 **Castle** 12/23. (S7)
12.05 PM FILM **Garage Sale Mysteries: Pandora Box Murders** Crime drama. (2018, PG, 90min) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 13/23. (S7)
8.00 **Unforgettable** (S1)
9.00 **In Plain Sight** 2/12. (S1)
10.00 FILM **Garage Sale Mysteries: Picture a Murder** Crime drama. (2018, PG, 90min) ★★
11.55 FILM **An Aurora Teagarden Mystery: The Disappearing Game** Drama. (2018, PG) ★★
1.45 AM FILM **Au Pair Nightmare** Thriller. (2020, 12, 90min) ★★
3.20 **to 5.00** AM FILM **Saving My Daughter** Thriller. (2021, PG) ★★

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM FILM **A Perfect Match** Romantic drama. (2021, PG, 84min) ★★
10.15 FILM **Vote One for Love** Drama. (2023, PG) ★★
12.15 PM FILM **The Engagement Dress** Drama. (2023, PG) ★★
2.10 FILM **Fishing for Love** Drama. (2021, U) ★★
4.05 FILM **A Royal Recipe for Love** Romance. (2023, PG, 89min) ★★
6.05 FILM **A Royal Runaway Romance** Comedy. (2022, PG, 84min) ★★
8.00 FILM **One Perfect Match** Comedy. (2023, PG, 87min) ★★
9.55 FILM **Love on the Vines** Romantic drama. (2016, PG, 78min) ★★
11.50 FILM **The Christmas Chalet** Romantic drama. (2019, PG, 90min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Fishing for Love** (2021)

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Marcus Wareing's Tales from a Kitchen Garden**
12.45 PM **Edwardian Farm**
2.00 **The Greatest Auction**
3.00 **My Greek Kitchen**
4.00 **Supermarket Secrets Revealed**
5.00 **Edwardian Farm**
6.15 **Marcus Wareing's Tales from a Kitchen Garden**
7.00 **Garden Rescue**
8.00 **The Greatest Auction**
9.00 **Love Your Home and Garden** Alan and his team help a wheelchair-bound 15-year-old.
10.00 FILM **Come Play with Me** Adult comedy. (1977, 18, 90min) ★★
12.00 M'T FILM **Lion of the Desert** Period drama. (1980, 15, 163min) ★★
2.00 AM **Marcus Wareing's Tales from a Kitchen...**
2.45 **Edwardian Farm**
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **The Gaffer** 1/7. (S2)
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.05 PM **The Fenn Street...**
12.35 **Agony** 1/7. (S2)
1.05 **Press Gang** (S1)
1.35 **Boon** 10/13. (S3)
2.40 **Wish Me Luck** (S3)
3.45 **Hank the Cowboy**
4.00 **Discovering Gardens**
4.30 **Old Country** (S3)
5.00 **Stereo Underground**
6.00 **The Fenn Street Gang**
6.30 **Press Gang** 7/12. (S1)
7.00 **Agony** 1/7. (S2)
7.30 **The Gaffer** 1/7. (S2)
8.00 **Boon** 10/13. (S3)
9.05 **Drop the Dead Donkey**
10.05 FILM **Sex with the Stars** Comedy. (1980, 18) ★
12.05 AM FILM **Naked as Nature Intended** Comedy. (1961, 18) ★★
1.25 **Stereo Underground**
2.25 **Wish Me Luck**
3.30 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The crews face the first big storm of the season. **8.00** Captain Jake struggles with a problematic deckhand.
9.00 **Hoffman Family Gold** Todd promises a gold bonus to all miners who finish the season.
10.00 **Deadliest Catch**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Adam Richman Eats Italy** Double bill.
7.00 **Hairy Bikers' Mississippi Adventure**
8.00 **The Pioneer Woman**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's United Cakes of America** From Salem.
1.30 **James Martin's Brittany**
3.00 **Hairy Bikers' Mississippi Adventure**
4.00 **The Pioneer Woman**
5.00 **Jamie's Easy Meals for Every Day** Double bill.
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
10.30 **Mary Berry's Foolproof Cooking** A selection of time-saving recipes.
11.00 **Man v Food**
12.00 M'T **Diners, Drive-Ins and Dives** Four editions.
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 22/26. (S5)
9.00 **The A-Team** 4/13. (S5)
10.00 **The Invaders** (S2)
11.00 FILM **End of the World** Disaster thriller. (2018, PG, 88min) ★★
1.00 PM FILM **Triple Cross** Espionage thriller. (1966, PG, 126min) ★★
3.30 FILM **Western World** Western. (2017, 12) ★★
5.00 **Star Trek** 6/24. (S3)
6.00 **The Invaders** (S2)
7.00 **The A-Team** 5/13. (S5)
8.00 **Walker, Texas Ranger**
9.00 FILM **State of Play** Political thriller. (2009, 12, 127min) ★★★★
11.35 FILM **Empire State** Crime thriller starring Liam Hemsworth. (2013, 15, 90min) ★★
1.35 AM FILM **The Football Factory** Violent drama. (2004, 18, 91min) ★
3.20 **to 5.00** AM FILM **Horror Express** Horror. (1972, 15, 88min) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **The Virginian** Western. (2014, 12) ★★
11.00 **The Lost World** (S2)
12.00 NOON FILM **Sinbad and the Clash of the Furies** Action adventure. (2016, 12, 90min) ★
2.00 PM FILM **Age of the Dragons** Action fantasy. (2010, 12, 90min) ★
4.00 **Walker, Texas Ranger**
5.00 FILM **Night of the Big Heat** Sci-fi chiller. (1967, 18, 94min) ★
7.00 **The Lost World** (S2)
8.00 **The Fall Guy** (S2)
9.00 FILM **An Eye for an Eye** Martial arts adventure. (1981, 15, 106min) ★
11.05 FILM **Fugitives** Thriller. (2015, 15, 86min) ★★
1.00 AM FILM **Lonesome Dove Church** Western. (2014, 15, 89min) ★★
3.00 FILM **Night of the Big Heat** As 5.00pm.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Real Deal**
6.40 **Canadian Pickers** New edition
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Pawn Stars**
11.10 **Swamp People**
1.05 PM **Canadian Pickers**
2.05 **Storage Wars**
3.05 **Junk & Disorderly** New edition
4.00 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Junk & Disorderly**
9.00 NEW SERIES **Monster Aliens** Documentary.
10.00 **UFO POV** New edition
11.00 **Roswell 75: The Final Evidence**
1.00 AM **Evidence of the...**
2.00 **Ancient Aliens**
3.00 **Swamp People**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Somerset: Wonder of the West Country**
11.00 **Ben Fogle: New Lives in the Wild** From Ibiza.
12.00 NOON **Nazi Megastructures**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Abandoned Engineering**
7.00 **Nazi Megastructures**
8.00 **Ben Fogle: New Lives in the Wild** Mongolia.
9.00 **The Hotel Inspector** Alex Polizzi visits a B&B in the seaside village of Chapel St Leonards.
10.00 **Inside the Four Seasons: Park Lane**
11.00 **Rich Holiday, Poor Holiday** Reality series.
12.00 M'T **Wentworth Prison**
1.00 AM **22 Kids & Counting**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes** Duncan James takes on Will Greenwood.
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Celebrity Who Wants to Be a Millionaire?**
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **Tenable** Five school friends from Kent take part in the quiz show.
7.00 **The Chase** Triple bill of the quiz show.
10.00 **The Chase Celebrity Special** Julia Goulding, Oz Clarke, Mr Motivator and Laura Hamilton compete for charity.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 21/23. Sheldon invites a famous physicist to the flat. **8.30** 22/23. The origins of Sheldon and Leonard's friendship are revealed. (S3)
9.00 **Mock the Week**
10.00 FILM **I Love You, Man** Comedy starring Paul Rudd and Jason Segel. An LA real-estate agent tries to find someone to act as Best Man at his wedding. (2009, 15, 100min) ★★★★
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's The Wheel** Game show.
9.00 **Impractical Jokers**
10.00 **Everybody Loves Raymond** 8-11/25. (S5)
12.00 NOON **Michael McIntyre's The Wheel**
1.00 PM **Friends** (S4&5)
7.00 **Friends** 4/24. Ross faces a huge dilemma. **7.30** 5/24. Ross delivers bad news to Rachel. **8.00** 6/24. Emily asks Ross to move away. **8.30** 7/24. Ross moves into Chandler and Joey's flat. (S5)
9.00 FILM **The Rock** Thriller starring Sean Connery and Nicolas Cage. (1996, 15, 136min) ★★★★
11.40 **Lee Evans: Big – Live at the O2** Stand-up.
12.40 AM **Whose Line Is It Anyway? USA**
1.40 **South Park** (S14)
3.30 **Jack Dee: So What?**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 6&7/25. (S5)
7.00 **Teleshopping**
9.00 **Spin City** 1&2/26. (S3)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S4&9)
1.00 PM **Criminally Funny**
2.30 **The Comedy Bus**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 1&2/26. (S3)
7.00 **Everybody Loves Raymond** 8-13/25. (S5)
10.00 **Friends** 14/24. Rachel comes to regret asking Ross for a favour. (S4)
10.30 **Friends** 15-19/24. (S4)
1.00 AM **The Ricky Gervais Show** 8&9/13. (S3)
2.00 **Utopia** 1/8. (S3)
2.30 **Teachers** (S3)
3.00 **Reno 911!** 2&3/15. (S6)
3.45 **Roast the Internet**
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.50 **Steptoe and Son** (S3)
11.20 **Oh, Doctor Beeching!**
11.55 **Rising Damp** 5/7. (S3)
12.25 PM **Man About the...**
1.00 **Goodnight Sweetheart**
1.35 **When the Boat Comes In** 7/10. Sitcom. (S4)
2.45 **Minder** 7/11. (S4)
3.45 **Just Good Friends** (S3)
4.15 **Man About the House**
4.50 **Some Mothers Do 'Ave 'Em** 1/7. Sitcom. (S1)
5.25 **Yes, Minister** 1/7. (S1)
6.00 **That's 60s**
6.20 **Steptoe and Son** (S3)
6.50 **Rising Damp** 4/7. (S3)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 1/13. (S8)
9.00 **Benidorm** 5/7. (S6)
10.00 **Shameless** 10/16. (S5)
10.55 **Man About the House**
11.25 **Rising Damp** 3/8. (S2)
12.00 M'T **Benidorm** 5/7. (S6)
12.55 AM **Minder** 9/11. (S1)
2.05 **Till Death Us Do Part**
2.40 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **MTV Cribs UK**
7.10 **Ghosted: Love Gone Missing** Double bill.
9.00 **Catfish: The TV Show**
5.00 PM **Dallas Cowboys Cheerleaders**
7.00 **Rich Kids Go Skint**
8.00 **Billionaire Babies: 24 Carat Kids**
9.00 **Just Tattoo of Us**
10.00 **Dating Naked**
11.00 **Black Ink Crew New York** New edition The crew throw a full-blown party for Sky's birthday.
12.00 M'T **Ridiculousness** New editions Rob, Steelo and Lolo Wood witness gnarly skateboard slams. **12.30** AM Rob, Steelo and Lolo Wood test out their camping skills.
1.00 **Caught in the Act: Unfaithful** Double bill.
2.45 **Teen Mom: The Next Chapter** Reality series.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill.
7.00 **Diesel Brothers**
9.00 **Hoffman Family Gold**
11.00 **Overhaulin'** Double bill.
1.00 PM **Gold Rush**
3.00 **How It's Made** Four editions of the series, including at: **4.30** How sandpaper is made.
5.00 **Alaska: Homestead Rescue** The Raneys convert an old barn into a commercial fishing kitchen, but when Marty is forced to quarantine, Matt and Misty make a golden discovery.

9.00 Gold Rush

7.00 **Wheeler Dealers** Mike unearths a 1973 Toyota Celica – but almost everything needs work.
8.00 **Wheeler Dealers** The team work on a 2002 Mercedes Benz E55 AMG, a car considered to be the pinnacle of luxury.
9.00 **Gold Rush** New edition Parker tries to get all of the Golden Mile's paydirt, while Rick's mechanic Ryan considers leaving.
10.00 **Gold Rush: Mine Rescue with Freddy & Juan** New edition Freddy and Juan need creative solutions to save a rookie.
11.00 **Expedition Bigfoot** Deep in Kentucky, Mireya and Ronny face unidentified creatures.
12.00 M'T **Deadliest Catch**
1.00 AM **Gold Rush** As 9.00pm.
2.00 **Gold Rush: Mine Rescue with Freddy & Juan**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked** A one-of-a-kind tank.
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Helping a couple with feuding felines. **4.00** A cat that has become violent towards its owners.
5.00 **Lone Star Law** An injured hawk is rushed in for treatment.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff faces a surgery he has never performed before.

11.00 Mountain Monsters

7.00 **Treehouse Masters** Pete Nelson and the crew build a treehouse for young carpenters from Sawhorse Revolution.
8.00 **The Pool Master** Anthony Archer-Wills creates a child-friendly swimming pool for an outdoor-loving couple.
9.00 **Alaska: The Last Frontier** Otto must move the outhouse due to frozen soil, and Atz gathers trees for a new project.
10.00 **Alaskan Bush People** The kids are desperate to finish building their houses, and Noah prepares for the baby's arrival.
11.00 **Mountain Monsters** During their quest to find the Cherokee Death Cat, the hunters are led to a shocking discovery.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Great White Abyss**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Rocky Mountain Railroad**
9.00 **Air Crash Investigation**
10.00 **Incas: The Rise and Fall**
11.00 **Nazi Megastructures: Battle Ready** Documentary.
12.00 NOON **Destruction Decoded**
1.00 PM **Car S.O.S**
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Car S.O.S** A Toyota Celica.
5.00 **Ice Road Rescue** Thord struggles to save a 16-wheeler.
6.00 **Inside Melbourne Airport** A blackout halts operations at Australia's busiest airport.

10.00 Hitler's Last Stand

7.00 **Air Crash Investigation** The story of British Airways Flight 38's crash-landing at Heathrow Airport in January 2008.
8.00 **Liberation: D-Day to Berlin** In late 1944, Hitler forces the Americans into their biggest and bloodiest battle of World War Two.
9.00 **Liberation: D-Day to Berlin** Revealing the cost of liberating Western Europe in the last year of World War Two.
10.00 **Hitler's Last Stand** In 1944, resistance fighters declare a Free French Republic in Eastern France.
11.00 **Air Crash Investigation**
12.00 M'T **Inside Sydney Airport**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Lords of War** Double bill.
3.20 **Food Factory USA**
4.10 **Trials of the Wild**
4.35 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Ice Road Truckers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Digging for Britain**
1.00 PM **Britain's X Files**
2.00 **Secrets in the Sand**
3.00 **WW2 Air Crash Detectives** Triple bill, including at: **5.00** Investigating the Baker's Creek aviation disaster.
6.00 **American Pickers** Jersey Jon embarks on a journey to chase his steam-powered dream from childhood.

10.00 Secrets in the Sand

7.00 **Forged in Fire** Bladesmiths salvage steel from a rusty pick-up truck to recreate the exotic Javanese Kris.
8.00 **Weird Britain** Andy McGrath learns about a family of cannibals who used to prey upon weary travellers in Scotland.
9.00 **Britain's X Files** New edition How two cousins produced photographs of fairies that enchanted the world.
10.00 **Secrets in the Sand** New edition Investigating a Mongolian mass grave, and exploring the fate of a platoon of soldiers.
11.00 **Secrets in the Dark**
12.00 M'T **WW2 Air Crash Detectives** The deaths of airmen during the conflict. **12.55** AM The last flight of General Sikorski in 1943.
1.50 **WW2 Air Crash Detectives**
2.50 AM **Britain's X Files**
3.40 **Weird Britain** As 8.00pm.
4.25 **Pawn Stars** Action figures.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **McMillion$**
7.00 **Discovering: Nicolas Cage**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **Breath of Fire** 1-4/4. A look at the rise Kundalini yoga.
2.10 PM **OJ: Made in America**
4.00 **Discovering: Nicolas Cage** Profile of the American actor.
5.00 **The Directors** The life and work of J Lee Thompson.
5.55 **100 Foot Wave** 6/6. When another WSL contest in Nazaré is announced, Tony finally gets an opportunity to compete.

8.00 Monster in the Morgue

6.55 **The Comedy Store** 2/5. A look at how the 1979 comedy strike saw one of the darkest moments in comedy history.
8.00 **David Fuller: Monster in the Morgue** *Murder in Bedsit Land:* 1/2. Documentary about the murderer and necrophile.
9.00 **David Fuller: Monster in the Morgue** *The Invisible Man:* 2/2. A look at how David Fuller was finally brought to justice.
10.00 **OJ: Made in America** 2/5. How OJ Simpson became increasingly distanced from Los Angeles' black community.
12.00 M'T **The Story of Late Night** 3/6. A look at how the rise to fame of David Letterman in the 1980s reinvented the talk show format.
12.50 AM **Hill** Profile of ex-Formula One driver Damon Hill.
2.40 **Yacht Rock: A Dockumentary**
4.30 **Chernobyl: My Promised Land**
5.00 **to 6.00** AM **Discovering: Nicolas Cage**

Tuesday

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz explore Shane's epic collection, and a stylish Lanchester LD10 catches their eye.
9.00 **Richard Hammond's Workshop** New edition The Cogs bid for car-show glory with an iconic US pick-up truck.
10.00 **Guz Khan's Custom Cars**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers: Dream Car** Double bill.
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Killer Beside Me**
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories** A vessel suspected of carrying a shipment of cocaine.
8.00 **Murder on CCTV** An innocent woman is shot in broad daylight.
9.00 **Body Cam** New edition In Oklahoma, a drug suspect sparks a chase.
10.00 **Road Rage** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 M'T **American Monster**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** When Susan Waring vanished, her partner Alan became the prime suspect.
8.00 **Millionaire Murders** Focusing on the case of Mike Williams, who was rumoured to have drowned and been eaten by alligators.
9.00 **Storm of Suspicion** New edition Rainy and cold weather postpones the discovery of a body.
10.00 **Secrets of a Murder Detective** Series finale The case of Sana Ali, who was stabbed over 40 times in her home.
11.00 **Bloodline Detectives**
1.00 AM **Millionaire Murders**
2.00 **Storm of Suspicion**
3.00 **Secrets of a Murder Detective** As 10.00pm.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Britain's Countryside Killers**
10.45 **Teleshopping**
11.00 **48 Hours** Kristen Trickle.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Britain's Countryside Killers** In 2011, Sian O'Callaghan vanishes from a Swindon nightclub. **3.00** The case of Ellen Higginbottom, who was killed by Mark Buckley in Orrell Water Park.
4.00 **48 Hours** Amy Fanion.
5.00 **Medical Detectives** How authorities traced a gun without a serial number. **5.30** How the FBI identified a serial killer using only a computer. **6.00** The hunt for a Philadelphia rapist. **6.30** A family contract deadly illnesses.
7.00 **Judge Judy** Real-life small-claims cases.
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Rapid Response** Documentary.
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Police 24/7**
11.00 **Murders That Shocked the Nation** Lord Lucan.
12.00 NOON **Killer in My...**
2.00 PM **World's Most Evil...**
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **World's Most Evil Killers** New edition The crimes of Edward Covington.
10.00 **World's Most Notorious Killers**
11.30 **Police 24/7**
12.30 AM **World's Most Evil...**
1.30 **Murders That Shocked...**
2.30 **Murdered at First Sight**
3.30 **Stop, Search, Seize**
4.30 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **The Bush Years...**
8.55 **Edwardian Britain in...**
9.50 **Armstrong** As 8.45pm.
11.55 **Besieged Fortresses, Legendary Battles**
1.00 PM **Edwardian Britain in Colour** As 7.40pm.
2.00 **Weathered: Earth's Extremes**
2.35 **The Bush Years: Family, Duty, Power**
3.30 **Edwardian Britain in Colour** As 7.40pm.
4.30 **Armstrong** As 8.45pm.
6.40 **The Bush Years: Family, Duty, Power**
7.40 **Edwardian Britain in Colour** 2/2. People celebrate the arrival of a new tram in Wigan.
8.45 **Armstrong** The story of the astronaut and aviator Neil Armstrong.
10.50 **Once Upon a Time in Northern Ireland**
12.00 M'T **The Bush Years: Family, Duty, Power**
1.00 **to 2.00** AM **The Invention of Surgery**

Sky Nature

124/125 113/114 135 354 369

- 6.00 AM **Ol Pejeta Diaries**
- 7.00 **Monkey Life**
- 8.00 **Great Parks of Africa**
- 9.00 **Orangutan Jungle School**
- 10.00 **Reef Wrecks**
- 11.00 **Malawi Wildlife Rescue**
- 12.00 NOON **Deep Dive North America** Documentary.
- 1.00 PM **Monkey Life**
- 2.00 **Great Parks of Africa**
- 3.00 **Orangutan Jungle School**
- 4.00 **Reef Wrecks**
- 5.00 **Uptown Otters**
- 6.00 **Deep Dive North America**
- 7.00 **Monkey Life** Double bill.
- 8.00 **My Wild Cats**
- 9.00 **My Best Friend's an Animal**
- 10.00 **Deep Dive North America** Lizzie Daly experiences North America's wild west.
- 11.00 **Uptown Otters**
- 12.00 M'T **Malawi Wildlife Rescue**
- 1.00 AM **Ol Pejeta Diaries**
- 2.00 **My Wild Cats**
- 3.00 **My Best Friend's an Animal**
- 4.00 **Great Parks of Africa**
- 5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

- 6.00 AM **World's Most Unexplained**
- 7.00 **Life After People**
- 8.00 **What on Earth?**
- 9.00 **The Abyss: Rise & Fall of the Nazis** As shown at 7.00pm.
- 10.00 **Combat Trains**
- 11.00 **Ancient Aliens**
- 1.00 PM **Alien Files: Unsealed**
- 2.00 **Walking Through History**
- 3.00 **Instruments of Death**
- 4.00 **World's Most Unexplained**
- 5.00 **Life After People**
- 6.00 **What on Earth?**
- 7.00 **The Abyss: Rise & Fall of the Nazis** How the failed coup on 9 November 1923 eliminated Hitler's movement.
- 8.00 **Combat Trains** Retracing the journey made by wounded World War Two soldiers.
- 9.00 **Secret Wars Uncovered**
- 10.00 **Secrets of the Hells Angels**
- 11.00 **Ancient Aliens**
- 1.00 AM **Alien Files: Unsealed**
- 2.00 **Walking Through History**
- 3.00 **Instruments of Death**
- 4.00 **World's Most Unexplained**
- 5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

- 8.00 AM **How It's Made**
- 8.30 **Above and Beyond: NASA's Journey to Tomorrow**
- 10.00 **How the Universe Works**
- 11.00 **Alaska Mega Machines**
- 12.00 NOON **The Dino Hunters**
- 1.00 PM **Blowing Up History**
- 3.00 **How the Universe Works**
- 5.00 **Alien Highway**
- 6.00 **How It's Made: Dream Cars**
- 7.30 **How Do They Do It?** A look at how Parmesan cheese is made. **8.00** A look at ways to weave an authentic Turkish carpet. **8.30** Examining how the street lamps of Venice are cast.
- 9.00 **Incredible Engineering Blunders: Fixed** Justin Cunningham learns the truth about a landslide in Turkey. **10.00** The science behind a skyscraper melting a car.
- 11.00 **You Have Been Warned**
- 1.00 AM **How the Universe Works**
- 3.00 **Alien Highway**
- 4.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

- 6.00 AM **The First 48**
- 7.00 **Homicide Hunter**
- 9.00 **Court Cam**
- 11.00 **Crimes That Shook Britain**
- 2.00 PM **Accident, Suicide or Murder?** As shown at 8.00pm.
- 3.00 **Imperfect Murder**
- 6.00 **The First 48** A Tulsa detective investigates a mother's murder.
- 7.00 **Cold Case Files** A look at how a cold case was solved decades later with a DNA match.
- 8.00 **Accident, Suicide or Murder?** New editions A wealthy widow's death perplexes investigators. **9.00** A 10-year-old calls 911 after shooting his father.
- 10.00 NEW SERIES **Spring Break Murders** The murder of a music student in May 2001.
- 11.00 **Killer Grannies**
- 12.00 M'T **Britain's Darkest Taboos**
- 1.00 AM **Interrogation Raw**
- 2.00 **Killer Grannies** New edition
- 3.00 **Imperfect Murder**
- 5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

- 8.00 AM **Yukon Vet**
- 9.00 **Fish Tank Kings**
- 10.00 **America the Wild**
- 11.00 **Wild, Smart and Deadly**
- 12.00 NOON **The Incredible Dr Pol**
- 1.00 PM **Yukon Vet**
- 2.00 **Saving Giraffes: The Long Journey Home**
- 3.00 **The Hidden Kingdoms of China**
- 4.00 **Secrets of the Zoo**
- 5.00 **Ultimate Airport Dubai**
- 6.00 **Yukon Vet**
- 7.00 **Secrets of the Zoo** Motherless dhole pups seek acceptance from the pack leader under the watchful eye of the team.
- 8.00 **Austria's Wild Heritage** 1/2. Exploring the beginnings of Austria's national parks. **9.00** 2/2. Future challenges to Austria's wild heritage.
- 10.00 **Alaska: The Next Generation**
- 11.00 **Ice Road Rescue**
- 12.00 M'T **Africa's Hunters**
- 1.00 AM **Animal Fight Club**
- 2.00 **The Incredible Dr Pol**
- 3.00 **Yukon Vet**
- 4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

174 147 181

- 7.00 AM **America's Most Secret: Structures** As 8.00pm.
- 8.00 **Salvage Hunters: Classic Cars**
- 9.00 **Combat Dealers**
- 10.00 **Blowing Up History**
- 12.00 NOON **How the Universe Works** How the planet journeys through the Milky Way.
- 1.00 PM **Mysteries at the Castle**
- 2.00 **Aliens in Alaska**
- 3.00 **Expedition Unknown**
- 4.00 **Expedition X**
- 5.00 **Mysteries at the Museum**
- 7.00 **How the Universe Works**
- 8.00 **America's Most Secret: Structures** A revealing glimpse behind the scenes of America's most classified sites and their activities.
- 9.00 **Ancient Unexplained Files**
- 10.00 **How Do They Do It?**
- 11.00 **Massive Engineering Mistakes**
- 12.00 M'T **Mysteries at the Museum**
- 2.00 AM **How the Universe Works**
- 3.00 **Mysteries at the Castle**
- 4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

- 9.00 AM **999 Rescue Squad**
- 1.00 PM **999 Rescue Squad**
- 5.00 **TOTP2: Duran Duran Special**
- 5.40 **TOTP2: Wham! Special**
- 6.20 **TOTP: 1998** With Boyzone, All Saints, Vonda Shepard, Faithless and Madonna.
- 7.00 **TOTP: 1999** With Bryan Adams and Melanie C, Garbage, Inner City and The Divine Comedy. **7.40** Featuring Blur, Cher, The Corrs and Stereophonics.
- 8.20 **TOTP: 1998** Featuring Alanis Morissette, Billie and Aerosmith.
- 9.00 **TOTP2: Duran Duran Special**
- 9.40 **TOTP2: Wham! Special**
- 10.20 **TOTP: 1998**
- 11.00 **TOTP: 1999**
- 12.20 AM **TOTP: 1998**
- 1.00 **TOTP2: Duran Duran Special**
- 1.40 **TOTP2: Wham! Special**
- 2.20 **TOTP: 1998**
- 3.00 **TOTP: 1999**
- 4.00 **TOTP: 1998**
- 4.30 **TOTP2: Duran Duran Special**
- 5.05 **to 6.00** AM **TOTP2: Wham! Special**

+1hour 266 376

ID

154 140 166

- 8.00 AM **Betrayed**
- 9.00 **American Monster**
- 11.00 **Disappeared**
- 12.00 NOON **Evil Lives Here**
- 1.00 PM **American Monster**
- 3.00 **Disappeared**
- 4.00 **Evil Lives Here** The crimes of Steven Crittenden, who killed William and Katherine Chiapella.
- 5.00 **Broken Trust** A bitter war of wills between family members. **6.00** The case of financier Ken Germain, who was shot and killed by Colin Collea.
- 7.00 **Til Death Do Us Part** The murder of Kathy Wangler. **8.00** A series of mysterious events that shattered a family.
- 9.00 **A Crime to Remember** After four members of a farming family were killed, police suspected someone close to the clan was responsible.
- 10.00 **Evil Lives Here**
- 12.00 M'T **Murder Among Friends**
- 2.00 AM **Broken Trust**
- 4.00 **to 6.00** AM **Til Death Do Us Part**

+1hour 254 366

Discovery Turbo

161/172 146 180

- 7.00 AM **Wheeler Dealers**
- 8.00 **Motor Pickers**
- 9.00 **Outback Truckers**
- 10.00 **Salvage Hunters: Classic Cars**
- 11.00 **Shed and Buried**
- 12.00 NOON **Richard Hammond's Workshop** Richard's new workshop is finally opened.
- 1.00 PM **Bad Chad Customs**
- 2.00 **Salvage Hunters: Classic Cars**
- 3.00 **Outback Truckers**
- 4.00 **Shed and Buried: Classic Cars**
- 5.00 **Motor Pickers**
- 6.00 **Wheeler Dealers**
- 7.00 **Shed and Buried**
- 8.00 **Shed and Buried: Classic Cars** Henry and Fuzz find a rare custom IRIS Sporting Trials Car.
- 9.00 **Holden Bros. Restos**
- 10.00 **Outback Truckers**
- 11.00 **Wheeler Dealers**
- 12.00 M'T **Shed and Buried: Classic Cars** As 8.00pm.
- 1.00 AM **Richard Hammond's Workshop** As 12.00noon.
- 2.00 **Iron Resurrection**
- 3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

- 7.25 AM **Plainclothes** As 4.25pm.
- 9.10 **Pets on a Train** As 2.45pm.
- 10.45 **How to Train Your Dragon** Fantasy with Mason Thames. (2025, PG, 125min) ★★★★
- 1.00 PM **Icefall** As 8.00pm.
- 2.45 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
- 4.25 **Plainclothes** Romantic thriller starring Tom Blyth and Russell Tovey. (2025, 15, 95min)
- 6.15 **Adulthood** Black comedy. (2025, 15, 97min) ★★★

9.45 Jurassic World: Rebirth

- 8.00 **Icefall** Action thriller starring Joel Kinnaman. A game warden captures a notorious poacher, only to discover he's aware of the location of a plane carrying millions of dollars frozen in a lake. (2025, 15, 95min)
- 9.45 **Jurassic World: Rebirth** Fantasy adventure starring Scarlett Johansson, Mahershala Ali and Jonathan Bailey. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. (2025, 12, 133min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.05 AM **Bone Lake** Comedy thriller starring Alex Roe. (2024, 18, 94min) ★★★
- 1.50 **Bring Her Back** Mystery thriller starring Sally Hawkins. (2025, 18, 104min) ★★★★
- 3.40 **Adulthood** As 6.15pm.
- 5.30 **to 7.15** AM **The Gentleman** Thriller. (2025, 15, 89min) ★★

Sky Cinema Action Heroes

303 303 403 503 517

- 6.05 AM **Streetfighter** Action drama. (1994, 12, 102min) ★★
- 7.50 **The Beekeeper** Action thriller. (2023, 15, 105min) ★★★
- 9.45 **xXx: Return of Xander Cage** Action thriller. (2016, 12) ★★★
- 11.35 **Rampage** (2018, 12) ★★★
- 1.25 PM **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★
- 3.10 **Bad Boys II** (2003, 15) ★★★
- 5.40 **Fast & Furious Presents Hobbs & Shaw** Adventure. (2019, 12, 137min) ★★★

5.40 Fast & Furious Presents...

- 8.00 **Mission: Impossible – The Final Reckoning** Action thriller starring Tom Cruise. Ethan Hunt and the IMF team race to find the Entity, a rogue AI that can destroy mankind. With Hayley Atwell, Ving Rhames and Simon Pegg. (2024, 12, 169min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.50 **Lethal Weapon 3** Action comedy thriller sequel starring Mel Gibson and Danny Glover. The mismatched LA cop partners pursue a violent gunrunner. With Rene Russo and Joe Pesci. (1992, 15, 118min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.50 AM **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
- 2.35 **The Running Man** Adventure. (1987, 18, 101min) ★★★
- 4.20 **Sky Cinema Preview**
- 4.45 **to 6.45** AM **300** Adventure. (2006, 15, 116min) ★★★★

Sky Cinema Drama

310 310 410 510 524

- 8.20 AM **Jackie** Biographical drama. (2016, 15, 100min) ★★★★
- 10.05 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
- 11.50 **About a Boy** As 6.15pm.
- 1.35 PM **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
- 4.00 **Terms of Endearment** Oscar-winning comedy drama. (1983, 15, 132min) ★★★★★
- 6.15 **About a Boy** Comedy drama based on the novel by Nick Hornby, starring Hugh Grant. (2002, 12, 101min) ★★★★
- 8.00 **Valentine's Day** Romantic comedy about the intersecting paths of a series of LA couples on 14 February, starring Ashton Kutcher, Jennifer Garner, Anne Hathaway and Julia Roberts. (2010, 12, 125min) ★★★
- 10.05 **The Blind Side** Fact-based drama starring Sandra Bullock. (2009, 12, 129min) ★★★
- 12.15 AM **Anora** Romantic comedy drama starring Mikey Madison. (2024, 18, 139min) ★★★★★
- 2.35 **American Sniper** Biopic starring Bradley Cooper and Sienna Miller. (2014, 15, 127min) ★★★★
- 4.50 **to 6.35** AM **A Mistake** Medical drama. (2024, 15, 101min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

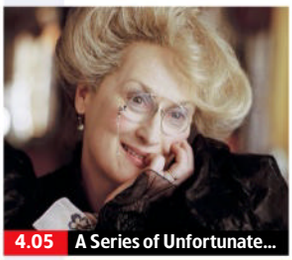
- 7.40 AM **There's Something in the Barn** Horror comedy. (2023, 15, 100min) ★★
- 9.30 **Van Helsing** Fantasy adventure. (2004, 12, 132min) ★★★
- 11.50 **The Lost Boys** Vampire tale starring Jason Patric and Corey Haim. (1987, 15, 98min) ★★★★
- 1.40 PM **Dark Skies** Paranormal thriller starring Keri Russell. (2013, 15, 97min) ★★★
- 3.30 **The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black*. (2004, 15, 119min) ★★★
- 5.35 **Ready Player One** Adventure. (2018, 12, 140min) ★★★★
- 8.00 **Mad Max** Cult thriller set in a desolate near future, starring Mel Gibson as a tough cop seeking revenge on the bikers who murdered his wife and child. (1979, 15, 93min) ★★★★★
- 9.45 **Mad Max 2** Futuristic thriller sequel starring Mel Gibson. (1981, 18, 95min) ★★★★
- 11.25 **Mad Max Beyond Thunderdome** Thriller sequel. (1985, 15) ★★★
- 1.15 AM **Children of Men** Thriller. (2006, 15, 109min) ★★★★★
- 3.10 **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
- 5.00 **to 6.45** AM **The Pact** Mystery thriller. (2012, 15, 85min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.50 AM **Lemony Snicket's A Series of Unfortunate Events**
8.45 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
10.40 **Blithe Spirit** (2020, 12) ★★★
12.25 PM **It Takes Two** (1995, U) ★
2.15 **Teenage Mutant Ninja Turtles** Fantasy. (2014, 12, 101min) ★★
4.05 **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG, 103min) ★★★★
6.00 **Look Who's Talking Too** Comedy sequel. (1990, 12) ★


4.05 A Series of Unfortunate...

7.30 **Hook** Steven Spielberg's fantasy adventure starring Robin Williams, Dustin Hoffman and Julia Roberts. A middle-aged Peter Pan has to rediscover his former self to save his children from his old enemy, Captain Hook. (1991, U, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Last Airbender** Fantasy adventure from M Night Shyamalan based on the popular TV cartoon series, starring Noah Ringer, Dev Patel and Nicola Peltz. (2010, PG, 103min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Peter Pan** Family adventure. (2003, PG, 113min) ★★★★
1.50 AM **Look Who's Talking Too**
3.20 **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★
5.00 **to 6.45** AM **My Penguin Friend** Family drama. (2024, PG, 98min) ★★★★

Sky Cinema Action

307 307 407 507 521

7.25 AM **Mr Nice Guy** As 5.50am.
9.00 **Venom** Fantasy adventure. (2018, 15, 112min) ★★★
10.55 **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12) ★★★
1.00 PM **Furiosa: A Mad Max Saga** Fantasy adventure. (2023, 15, 148min) ★★★★
3.35 **Fast & Furious 5** Thriller. (2011, 12, 130min) ★★★
5.45 **Fast & Furious 6** Thriller. (2013, 12, 125min) ★★★

3.35 Fast & Furious 5

8.00 **Fast & Furious 7** Action thriller sequel starring Vin Diesel and Paul Walker. A rogue special forces assassin seeks revenge against Dom, Brian and their crew for putting his brother in a coma. With Dwayne Johnson. (2015, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Fast & Furious 8** Action thriller sequel starring Vin Diesel. Street racing criminal Dominic Toretto is recruited by a terrorist, setting him at odds with his old gang. (2017, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Troy** Spectacular epic. (2004, 15, 163min) ★★★
3.30 **Indiana Jones and the Temple of Doom** Adventure. (1984, PG, 118min) ★★★
5.30 **The Cinema List: Jurassic**
5.50 **to 7.30** AM **Mr Nice Guy** Action comedy starring Jackie Chan. (1996, 15, 88min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.20 AM **Friendship** Comedy. (2025, 15, 101min) ★★★★
9.15 **The Ballad of Wallis Island** Comedy. (2025, 12) ★★★★
11.05 **The Golden Child** Fantasy. (1986, PG, 93min) ★★
12.45 PM **Semi-Pro** Sports comedy. (2008, 15, 87min) ★★
2.25 **Ted** Comedy. (2012, 15) ★★★★
4.25 **Ted 2** Comedy sequel. (2015, 15, 112min) ★★★
6.25 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★

10.00 Little Fockers

8.00 **White Chicks** Comedy starring Shawn and Marlon Wayans. Two black FBI agents dress up as white heiress sisters in order to catch a serial kidnapper and get in their boss's good books. With Jaime King and Brittany Daniel. (2004, 15, 109min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Little Fockers** Comedy sequel starring Robert De Niro and Ben Stiller. A hapless male nurse tries to prove himself to his tough father-in-law. (2010, 12, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Mean Machine** Sports drama. (2001, 15, 99min) ★★
1.30 AM **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★
3.15 **The Brady Bunch Movie** Spoof. (1995, 12, 89min) ★★★
4.55 **Cinema List: Video Games**
5.20 **to 7.10** AM **Ferris Bueller's Day Off** Teen comedy. (1986, 12, 103min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.30 AM **The Towering Inferno** Thriller. (1974, 12) ★★★★
9.20 **The Hunt for Red October** Cold War suspense thriller. (1990, PG, 135min) ★★★★
11.40 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
1.40 PM **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★
4.00 **The Girl on the Train** Thriller. (2016, 15, 107min) ★★★★
6.00 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★

10.05 American Gangster

8.00 **Collateral** Michael Mann's thriller starring Tom Cruise and Jamie Foxx. A ruthless contract killer chooses an unwilling LA taxi driver to act as his chauffeur while he performs five hits in a single night for a drugs cartel. (2004, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **American Gangster** Ridley Scott's epic crime drama starring Denzel Washington and Russell Crowe. A Harlem gangster makes a fortune from heroin in the 1970s but comes up against an incorruptible cop. (2007, 18, 157min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Breakdown** Thriller. (1997, 15, 94min) ★★★★
2.25 **Chinatown** Crime thriller. (1974, 15, 131min) ★★★★★
4.40 **to 6.35** AM **The Surfer** Thriller. (2024, 15, 100min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **It Should Happen To You** Vintage romantic comedy. (1953, b/w, U, 100min) ★★★
12.45 PM **Sailor of the King** War drama. (1953, b/w, U) ★★★
2.30 **Halls of Montezuma** War drama. (1950, U) ★★★
4.45 **Western Union** Western. (1941, b/w, U, 94min) ★★★
6.40 **Jumanji: The Next Level** Fantasy adventure sequel. (2019, 12, 123min) ★★★★

9.00 Ticket to Paradise

Jumanji: The Next Level (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Ticket to Paradise** Romantic comedy starring George Clooney and Julia Roberts. A divorced couple travel to Bali to stop their daughter's pending wedding. With Kaitlyn Dever, Maxime Bouttier and Sean Lynch. (2022, 12, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.05 **Friends with Benefits** Romantic comedy starring Justin Timberlake and Mila Kunis. Two commitment-shy New Yorkers decide to have a sexual relationship with no strings attached. (2011, 15, 105min) ★★★
1.15 **to 3.15** AM **Salt** Action thriller starring Angelina Jolie. (2010, 12, 99min) ★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema Award Season

302 302 402 502 516

7.05 AM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
9.30 **Ghostbusters** Fantasy comedy. (1984, 12, 105min) ★★★★
11.30 **Back to the Future** Fantasy comedy starring Michael J Fox. (1985, PG, 115min) ★★★★★
1.30 PM **Sherlock Holmes** Guy Ritchie's action adventure. (2009, 12, 128min) ★★★★
3.40 **Vanilla Sky** Romantic fantasy drama. (2001, 15, 136min) ★★★
6.00 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★
8.00 **Nosferatu** Horror starring Bill Skarsgård and Lily-Rose Depp. (2024, 15, 132min) ★★★★
10.15 **Get Out** Thriller starring Daniel Kaluuya and Allison Williams. After a photographer and his girlfriend visit her parents, he suspects there is more to the locals than meets the eye. (2017, 15, 104min) ★★★★★
12.15 AM **The Perfect Storm** Fact-based action drama. (2000, 12, 129min) ★★★★
2.30 **Legends of the Fall** Sweeping period drama starring Brad Pitt. (1994, 15, 133min) ★★★★
4.50 **to 7.15** AM **Molly's Game** Drama. (2017, 15, 137min) ★★★★

Sky Cinema Greats

304 304 404 504 518

7.50 AM **The Lawnmower Man**
10.15 **The Last Starfighter** (1984)
12.00 NOON **Men in Black** Sci-fi action comedy with Will Smith. (1997, PG, 94min) ★★★★
1.40 PM **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
3.40 **Batman** Comic-book adventure. (1989, 15, 121min) ★★★★
5.50 **Batman Returns** Adventure. (1992, 12, 121min) ★★★★
8.00 **Batman Forever** Comic-book adventure starring Val Kilmer, Tommy Lee Jones, Jim Carrey, Nicole Kidman and Chris O'Donnell. Black-cloaked vigilante Batman and his new partner Robin tackle psychotic criminals Two-Face and The Riddler. (1995, 12, 121min) ★★★
10.05 **Batman & Robin** Adventure starring George Clooney, Chris O'Donnell, Uma Thurman and Arnold Schwarzenegger. (1997, PG, 125min) ★★
12.10 AM **InnerSpace** Sci-fi comedy thriller. (1987, PG, 119min) ★★★
2.10 **The Last Starfighter** Adventure. (1984, PG, 100min) ★★★
3.55 **The Cinema List: British Women Directors**
4.15 **to 6.40** AM **The Lawnmower Man** Thriller. (1992, 15) ★★★

Sky Cinema Animation

305 305 405 500 514

7.25 AM **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
9.05 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
10.50 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
12.35 PM **Smurfs: The Lost Village** Animated family adventure. (2017, U, 87min) ★★★
2.20 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
4.00 **Flushed Away** Animation. (2006, U, 85min) ★★★★
5.35 **Spider-Man: Into the Spider-Verse** Animation. (2018, PG, 117min) ★★★★★
7.35 **Mr Peabody & Sherman** Animation. (2014, U) ★★★★
9.10 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
10.40 **Open Season 3** Animated sequel. (2010, U, 74min) ★★
12.00 M'T **Wallace & Gromit: The...**
1.30 AM **Happy Feet** Animation. (2006, U, 108min) ★★★★
3.20 **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
5.10 **to 6.50** AM **Hotel Transylvania 3: Summer Vacation** Animated sequel. (2018, U, 97min) ★★

Movies 24

312 313 419

7.00 AM **An Unexpected Valentine** Comedy. (2025, PG, 84min) ★★
9.00 **A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★
11.00 **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
1.00 PM **For Love & Honey** Romantic comedy drama. (2024, U, 84min) ★★
3.00 **Junebug** Fantasy drama. (2024, PG, 84min) ★★
5.00 **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★
7.00 **The Dancing Detective: A Deadly Tango** Mystery starring Lacey Chabert and Will Kemp. (2023, PG, 84min) ★★
9.00 **Lease on Love** Romantic comedy drama starring Rebecca Liddiard and Dan Jeannotte. A marketing manager agrees to pose as a business contact's wife to help him get the apartment of his dreams. (2022, PG, 86min) ★★
11.00 **Love, Fashion, Repeat** Comedy. (2022, PG, 89min) ★★
1.00 AM **Love's Playlist** Romantic comedy. (2023, PG, 85min) ★★
3.00 **to 5.00** AM **Scented with Love** Drama. (2022, PG, 83min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Adventures of Jim Bowie** 3/38. (S1)
6.35 **Look at Life**
6.50 **What the Butler Saw** Comedy. (1950, b/w, PG, 63min) ★★★
8.05 **Profile** Crime thriller. (1954, b/w, PG, 66min) ★★
9.25 **St Martin's Lane** Romance. (1938, b/w, PG, 85min) ★★★
11.10 **Hindle Wakes** Romantic drama. (1952, b/w, PG, 88min) ★★
12.55 PM **The Man Who Wouldn't Talk** Drama. (1957, b/w, PG) ★★
2.50 **Up in the World** Comedy. (1956, b/w, U, 91min) ★★★
4.35 **Carrie's War** Family drama.
6.25 **Whiplash** 5/34. (S1)
6.55 **The Man from UNCLE** (S1)
8.00 **Gideon's Way** 23/26. (S1)
9.05 **The October Man** Thriller. (1947, b/w, PG, 91min) ★★★
10.55 **Cellar Club with Caroline Munro**
11.00 **The World of Hammer**
11.35 **The Most Dangerous Game** Chiller. (1932, b/w, PG) ★★★
12.50 AM **Look at Life**
1.00 **Budgie** 11/13. (S1)
2.00 **Nor the Moon by Night** Drama. (1958, U, 95min) ★★
4.00 **Target: The Corruptors**
5.00 **The David Niven Show**
5.30 **to 6.00** AM **The Beverly Hillbillies**

Tuesday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
1.00 PM **The Players Championship**
7.30 LIVE **EFL** **Stoke City v Ipswich Town.** Coverage of the Championship encounter staged at bet365 Stadium, as the promotion chasers travel to an out-of-form Stoke. Kick-off **8.00pm**.
10.30 LIVE **WTA & ATP Tennis** Coverage of day seven of the Indian Wells Open, a hard-court tournament at Indian Wells Tennis Garden in California. The number one seed at last year's event, Aryna Sabalenka, proved to be too much for Great Britain's Sonay Kartal at this stage 12 months ago, as the Belarusian powered to a 6-1 6-2 victory.
12.00 M'T **Sky Sports News**
1.00 AM LIVE **WTA & ATP Tennis** Further coverage of day seven of the Indian Wells Open, a hard-court tournament held at Indian Wells Tennis Garden, featuring matches in the fourth round.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Netbusters** Recent action.
9.30 **Premier League Stories**
10.00 **Sky Sports FC**
12.00 NOON **Premier League Years** A look at the 2018/19 season.
2.00 PM **PL Retro** West Ham United v Tottenham Hotspur in 2006/07.
4.00 **Netbusters** Recent action.
4.30 **Premier League Stories** Behind the scenes of the Premier League.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Gillette Labs Soccer Special**
10.15 **Netbusters** Action from the Premier League, with highlights using alternative angles, featuring every goal from every game.
10.45 **Premier League One on One** An interview with Josh King.
11.00 **Premier League Years** A look at the 2018/19 campaign, which saw Liverpool and Manchester City battle it out for the title.
1.00 AM **PL Retro** West Ham United v Tottenham Hotspur in 2006/07.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Goals: EFL Cup 2021/22**
11.30 **EFL Trophy** The 2021/22 final.
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Highlights**
1.30 **EFL League One & Two Goals**
2.30 **EFL Cup Highlights**
3.00 **EFL Highlights** Championship.
4.30 **Bundesliga Highlights Show**
5.30 **EFL Highlights**
6.00 **EFL League One & Two Goals**
7.00 **EFL Highlights** Championship.
7.30 LIVE **EFL** **Stoke City v Ipswich Town.** The Championship match at bet365 Stadium. Kick-off **8.00pm**.
10.30 **EFL League One Goals**
11.00 **EFL Cup Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.00 AM **Best Moments from the Championship Play-Off Final**
2.30 **Best Moments from the League 1 & 2 Play-Off Final**
3.00 **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2015 final.
5.00 **There's Only One Sauzee**
5.30 **to 6.00** AM **Dundee United – Champions 83**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** Highlights.
8.00 **Men's T20 World Cup** Another chance to see the final.
1.30 PM **Best of ICC WT20** India v Pakistan in the 2007 final.
1.45 **Best of England v South Africa** Action from the 2011 Cricket World Cup Group B match.
2.00 **IPL** Highlights from Delhi Capitals v Sunrisers Hyderabad.
3.00 **Men's T20 World Cup** Highlights from the final.
4.00 **IPL** Royal Challengers Bengaluru v Punjab Kings in Ahmedabad. **5.00** Lucknow Super Giants v Punjab Kings from Lucknow.
6.00 **Men's T20 World Cup** Highlights of Pakistan v USA. **6.30** South Africa v Afghanistan.
7.00 **IPL** Lucknow Super Giants v Gujarat Titans from Lucknow.
8.00 **Men's T20 World Cup** England v Scotland from Eden Gardens.
9.00 **IPL** Royal Challengers Bengaluru v Delhi Capitals staged at M. Chinnaswamy Stadium, Bengaluru.
10.00 **Men's T20 World Cup** Action from New Zealand v South Africa. **10.30** India v Pakistan from R. Premadasa Stadium, Colombo.
11.00 PM **to 6.00** AM **IPL Highlights**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Playing Lessons**
7.00 **Nick Dougherty's Tee Time Tips**
8.00 **The Golf Fitness Show**
8.30 **Legends Tour Golf**
9.30 **HotelPlanner Tour Golf**
10.00 **DP World Tour Golf**
10.30 **PGA Tour Golf** Highlights.
11.30 **McGinley & Chamblee at the Players** A look ahead.
1.00 PM **The Players Championship** The latest news ahead of the event.
9.00 **Ladies European Tour Golf** The Australian Women's Classic.
10.00 **The Players Championship** Highlights from day four of the 2023 event at TPC Sawgrass.
11.00 **The Players Championship**
1.00 AM **The Players Championship Official Film** Archive action.
4.00 **Golf Academy** Expert tips.
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
1.00 PM **WTA Tennis** The Dubai Tennis Championships final.
2.00 **WTA & ATP Tennis** Highlights of day six of the Indian Wells Open.
6.00 LIVE **WTA & ATP Tennis** Coverage of day seven of the Indian Wells Open, a hard-court tournament at Indian Wells Tennis Garden in California. The number one seed at last year's event, Aryna Sabalenka, proved to be too much for Great Britain's Sonay Kartal at this stage 12 months ago, as the Belarusian powered to a 6-1 6-2 victory. Other female players to book their place in the quarter-finals included Madison Keys, Elina Svitolina, and wild-card entrant Belinda Bencic, who claimed a 3-6 6-3 6-4 win over the number three seed Coco Gauff.
12.00 M'T **WTA & ATP Tennis**
1.00 AM LIVE **WTA & ATP Tennis** Further coverage of day seven of the Indian Wells Open at Indian Wells Tennis Garden in California, featuring fourth round matches.
5.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Winter Paralympic Games**
7.00 **The Emirates FA Cup**
8.00 **Serie A** Action from Italy.
10.00 **Men's Cycling** Tirreno Adriatico.
12.00 NOON LIVE **Cycling** Coverage of the second stage of the men's Tirreno Adriatico, a 206km route from Camaiore to San Gimignano.
2.45 PM LIVE **Cycling** The third stage of the men's Paris-Nice, a 23.5km team time trial from Cosne-Cours-sur-Loire to Pouilly-sur-Loire.
4.15 **The Gruppetto** Cycling news.
4.30 **UEFA Champions League Magazine** News and updates.
5.00 LIVE **UEFA Champions League** Coverage of a round-of-16 first clash.
7.45 LIVE **UEFA Champions League** Coverage of a round-of-16 first match.
10.00 **UEFA Europa League & Conference League Magazine**
11.00 **Fight Week** UFC 326 review.
11.30 **Winter Paralympic Games Highlights** The fifth day.
12.30 AM **LIV Golf** From Hong Kong.
1.30 **UEFA Champions League**
3.00 **Premier League: Big Interview**
3.30 **The WRC Magazine**
4.00 **to 6.00** AM **Men's Cycling**

TNT Sports 2

411 414 522 409 431

6.00 AM **Motocross World Championship** From Argentina.
9.00 **Women's Test Cricket**
10.00 **Women's One-Day International Cricket**
11.00 **PREM Rugby Cup**
1.00 PM **Premiership Women's Rugby** Harlequins v Saracens.
2.00 **Playing for Our Future: Rugby**
2.15 LIVE **Cycling** The third stage of the men's Paris-Nice, a 23.5km team time trial from Cosne-Cours-sur-Loire to Pouilly-sur-Loire.
4.15 **Serie A** Action from Italy.
6.15 **The Gruppetto** Rob Hatch hosts news from the world of cycling.
6.30 **Premier League Stories**
7.00 **Premier League Legends** A profile of former England and Newcastle striker Alan Shearer.
7.30 LIVE **UEFA Champions League** Coverage of a round-of-16 first leg match.
10.00 **Fight Week** UFC 326 review.
10.30 **Premier League Stories** The latest news from the top flight.
11.00 **Serie A** Action from Italy.
1.00 AM **MLB Classic**
2.00 **Fishing: On the Bank**
3.00 **Premiership Women's Rugby**
4.00 **to 6.00** AM **PREM Rugby Cup**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
12.00 NOON **Super Bowl LX**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
4.15 **Women's Super League**
4.30 **Super League Highlights**
5.00 **NFL Highlights** Action from Buffalo Bills v Kansas City Chiefs.
6.00 **NBC's Pro-Football Talk**
8.00 **NBA Basketball** Oklahoma City Thunder v Denver Nuggets.
10.00 **NFL Bitesize Highlights** Las Vegas Raiders v New York Giants. **10.15** Highlights of Atlanta Falcons v Los Angeles Rams.
10.30 **NBA on Fire** The latest news.
11.00 LIVE **NBA Basketball** **San Antonio Spurs v Boston Celtics.** Coverage of the inter-conference match at Frost Bank Center. Tip-off **12.00m't**.
2.30 AM **Super League Highlights**
3.00 LIVE **NBA Basketball** **Los Angeles Lakers v Minnesota Timberwolves.** Coverage of the Western Conference match at Crypto.com Arena. Tip-off **3.00am**.
5.30 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
5.00 **The Premier League Show**
7.00 **Gillette Labs Soccer Special**
7.35 LIVE **EFL** Coverage of a Championship match.
9.45 LIVE **WTA & ATP Tennis** Coverage of day seven of the Indian Wells Open, a hard-court tournament at Indian Wells Tennis Garden in California. The number one seed at last year's event, Aryna Sabalenka, proved to be too much for Great Britain's Sonay Kartal at this stage 12 months ago, as the Belarusian powered to a 6-1 6-2 victory.
12.00 M'T **Sky Sports News**
1.00 AM LIVE **WTA & ATP Tennis** Further coverage of day seven of the Indian Wells Open at Indian Wells Tennis Garden in California.
3.00 LIVE **NBA Basketball** **Los Angeles Lakers v Minnesota Timberwolves.** Coverage of the Western Conference match at Crypto.com Arena. Tip-off **3.00am**.
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **PGA Tour Golf**
9.00 **Formula 1** Australian Grand Prix.
10.00 **TGL** New York v The Bay. **12.00** NOON Boston Common v New York at SoFi Center.
2.00 PM **PL Greatest Games**
3.00 **Men's T20 World Cup**
4.00 **ATP Tennis** Acapulco Open final.
5.00 **Premier League Darts** The fifth night held at Utilita Arena Cardiff.
9.00 **PGA Tour Golf** The fourth day of the Arnold Palmer Invitational. **10.00** Highlights from the fourth day of the Puerto Rico Open.
11.00 **Men's T20 World Cup**
12.00 M'T **The Insiders** NFL news.
1.00 AM **TGL** Recent action.
3.00 **EFL Greatest Games**
3.30 **to 6.00** AM **Men's T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **Isuzu UTE A-League**
6.30 **UEFA Champions League Magazine** News and action.
7.00 **UEFA Europa League & Conference League Magazine**
8.00 **The Gruppetto** Cycling news.
8.15 **TNT Sports Cricket Reload**
8.30 **The WRC Magazine**
9.00 **Premier League: Big Interview**
9.30 **Premier League Legends**
10.00 **The Emirates FA Cup**
6.00 PM **The Breakdown**
6.30 **LIV Golf** From Hong Kong.
7.30 **Women's Test Cricket** Australia v India from Western Australian Cricket Association Ground.
8.30 **Women's One-Day International Cricket** Action from New Zealand v Zimbabwe.
9.30 PM **to 6.30** AM LIVE **Women's One-Day International Cricket** **New Zealand v Zimbabwe.** Coverage of the third and final ODI at University Oval in Dunedin.

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Another chance to see Sydney Swans v Carlton Blues. **7.30** Another chance to see Gold Coast Suns v Geelong Cats.
9.00 **AFL** Another chance to see GWS Giants v Hawthorn Hawks. **10.30** A chance to see Brisbane Lions v Western Bulldogs. **12.00** NOON A replay of St Kilda Saints v Collingwood Magpies.
1.30 PM **UEFA Champions League Magazine** News and action.
2.00 **Isuzu UTE A-League**
6.00 **AIUIa** Highlights from the AIFursan Endurance AIUIa.
7.00 **Premiership Women's Rugby** Harlequins v Saracens.
8.00 **PREM Rugby Cup**
10.00 **Men's Cycling** The second stage of the Tirreno Adriatico. **11.00** The Paris-Nice third stage.
12.00 M'T **Motocross World Championship** In Argentina.
3.00 AM **Formula E Flashback**
4.00 **to 6.00** AM **Serie A**

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
7.00 **LaLiga** Espanyol v Real Oviedo.
9.00 **NASCAR Highlights**
10.00 **Eredivisie Highlights**
11.00 **Scottish Football Social Club**
12.00 NOON **LaLiga Match Highlights**
1.30 PM **Sporting Greats**
2.00 **NHL on the Fly**
3.00 **NHL Ice Hockey**
5.00 **LaLiga** Villarreal v Elche.
7.00 **Sporting Greats**
7.30 **Eredivisie Highlights**
8.30 **Scottish Football Social Club**
9.30 **LaLiga Match Highlights**
11.00 **NASCAR Highlights** Action from the Straight Talk Wireless 500.
12.00 M'T **NHL Ice Hockey** Vancouver Canucks v Ottawa Senators.
2.00 AM LIVE **NHL Ice Hockey** **Colorado Avalanche v Edmonton Oilers.** Coverage of the Western Conference match at Ball Arena. Face-off **2.00am**.
5.00 **NHL: This is Hockey**
5.30 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **Elite Ice Hockey League**
8.00 **NHL Ice Hockey** Philadelphia Flyers v New York Rangers.
10.00 **Temples of Sport**
10.30 **Argentine Primera** Central Cordoba v Boca Juniors. **12.30** PM Another chance to see River Plate v Atletico Tucuman.
2.30 **Football's Greatest**
3.30 **Eredivisie** A chance to see PSV Eindhoven v AZ Alkmaar.
5.30 **Football's Greatest**
6.00 **Eredivisie** Another chance to see NAC Breda v Feyenoord.
8.00 **NHL Tonight** Top 20 centers.
9.00 **NHL Ice Hockey** Philadelphia Flyers v New York Rangers.
11.00 LIVE **NHL Ice Hockey** **Montreal Canadiens v Toronto Maple Leafs.** Coverage of the Eastern Conference match from Bell Centre. Face-off **11.00pm**.
2.00 AM **Temples of Sport**
2.30 **NASCAR O'Reilly Series**
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Chinese Grand Prix races from 2014 to 2017.
10.00 **The F1 Show** Race preview.
11.00 **Formula 1** Australian Grand Prix.
1.00 PM **Ted's Notebook**
1.30 **Formula 1** The Australian Grand Prix, the first round of the season at Albert Park Circuit, Melbourne.
6.00 **Ted's Notebook**
6.30 **Indycar** Good Ranchers 250 at Phoenix Raceway in Avondale.
10.00 **Formula 1** Australian Grand Prix.
11.00 **Indycar** Good Ranchers 250.
12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 11 March

Evening Planner

Factual

Ambulance
BBC1, 9pm
The absorbing fly-on-the-wall series returns for a 16th series, with cameras following Yorkshire medics on the road.

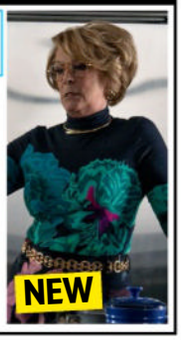
Drama

A Woman of Substance
C4, 9pm (box set, C4 Streaming)
Brenda Blethyn and Jessica Reynolds lead an all-star cast in this adaptation of Barbara Taylor Bradford's epic saga.

OnDemand

prime

Scarpetta
Available today
Nicole Kidman brings Patricia Cornwell's Kay Scarpetta to life in this forensic thriller. Jamie Lee Curtis also stars.



OnDemand

NETFLIX

Inside the Manosphere
Available today
Louis Theroux meets some of the men who are having a worrying influence on the next generations.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 MasterChef: The Professionals		9.00 Ambulance		10.00 News; Local News	10.40 MOTD...
	102 BBC2	7.00 Great British Menu		8.00 Britain's Biggest Warship		9.00 Hostage		10.00 We Might...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Celebrity Lingo	8.00 Emmerdale	8.30 Coronation...	9.00 The Stolen Girl		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It		9.00 A Woman of Substance		10.00 Night Coppers	
	105 5	7.00 Celebrity Puzzling		8.00 Alice Roberts: Our Hospital Through...		9.00 Ellis		10.00 The Surgeon	
	106 SKY ONE	7.00 The Simpsons		8.00 A League of Their Own		9.00 Film: Ted 2			
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Dragons' Den		9.00 The Apprentice		10.00 Apprentice...	10.30 Living Every...
	116 BBC4	7.00 Villages by the...	7.30 Canal Walks...	8.00 Dial B for Britain: The Story of the...		9.00 Children of the Tsunami		10.00 Boys from the Blackstuff	
	118 ITV2	7.00 Wheel of Fortune		8.00 Ant & Dec's Limitless Win		9.00 The Princess Diaries		10.00 Family Guy	
	136 MORE4	‹ 6.50 The Dog House Australia		7.55 Grand Designs				10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.15 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 Blue Bloods			
	108 SKY ATLANTIC	7.00 Game of Thrones				9.00 The White Lotus			
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Bottom			10.20 Men Behaving Badly
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Endeavour	
	120 ITV4	‹ 6.55 Aussie Pickers		7.55 Junk & Disorderly		9.00 Film: The Man with the Golden Gun			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats Uncut	
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld			10.35 Leftovers
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Marlow Murder Club				10.00 New Tricks	
	109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise		9.00 NCIS: Sydney		10.00 Miss Scarlet	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Best of Landscape Artist of the Year		9.00 Art's Wildest Movement: Mannerism		10.00 Quant	
	132 U&W	7.00 DIY SOS: The Big Build		8.00 999 Rescue Squad		9.00 Louis Theroux: Behind Bars		10.00 Psychopath with Piers Morgan	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers						10.00 Kindig Customs	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Rugged Justice		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Egypt's Sun King: Secrets and Treasures		9.00 King Tut In Colour		10.00 Strangest Things	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Strange Evidence		9.00 The Curse of Oak Island		10.00 Mysteries Unearthed with Danny Trejo	
	155 U&YESTERDAY	7.00 The Americas with Simon Reeve		8.00 Bangers & Cash: Restoring Classics		9.00 Classic Car Kings		10.00 Bangers & Cash	
	114 SKY DOCS	‹ 6.55 The Comedy Store		8.00 Tony Hawk: Until the Wheels Fall Off					10.30 OJ: Made in...
FILMS - Sky Cinema	301 PREMIERE	‹ 6.15 Icefall		8.00 Jurassic World: Rebirth					10.20 Bring Her Back
	302 AWARD SEASON	‹ 6.10 Lost in Translation		8.00 A Star Is Born					10.20 The Brutalist
	303 ACTION HEROES	‹ 6.00 The Bourne Ultimatum		8.00 Raiders of the Lost Ark				10.00 The Running Man	
	304 GREATS	‹ 5.55 Batman & Robin		8.00 The Mummy				10.05 Twister	
	305 ANIMATION	‹ 5.35 Lego...	7.20 Pets on a Train		8.50 DC Super Hero Girls: Legends of Atlantis			10.10 Tom and Jerry Cowboy Up!	
	306 FAMILY	‹ 6.00 Sonic the Hedgehog 3		8.00 Scooby-Doo			9.30 A Minecraft Movie		
	307 ACTION	‹ 5.55 Indiana Jones and the Kingdom of...		8.00 Twisters				10.10 Fast & Furious 6	
	308 COMEDY	‹ 6.25 The Naked Gun 2½: The Smell of Fear		8.00 You've Got Mail				10.10 Bridget Jones's Baby	
	309 THRILLER	‹ 5.55 Collateral		8.00 Red Dragon				10.10 Hannibal	
	310 DRAMA	‹ 6.15 Love Story		8.00 It Ends with Us				10.15 Legends of the Fall	
	311 SCI-FI	‹ 6.10 Mad Max Beyond Thunderdome		8.00 Furiosa: A Mad Max Saga					10.30 Back to the...
	313 FILM4	‹ 6.40 Notting Hill				9.00 The Equalizer 2			
SPORT	401 MAIN EVENT	‹ 1.00 The Players...	7.30 EFL – Live: Coventry City v Preston North End (Kick-off 8.00)						10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special						10.15 PL Stories	
	403 FOOTBALL	7.00 EFL Cup...	7.30 EFL – Live: Coventry City v Preston North End (Kick-off 8.00)						10.30 EFL Cup...
	405 CRICKET	7.00 Test Cricket							
	410 TNT SPORTS 1	7.00 UEFA Champions League – Live: Coverage from a round-of-16 first-leg tie							10.30 Fight Week
	411 TNT SPORTS 2	‹ 5.00 UEFA Champions League – Live: Coverage of two matches from a round-of-16 first-leg tie						10.00 Serie A – Full...	10.30 Crouchy and...

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Wednesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Bear Grylls: Wild Reckoning** New edition Therapist Simone hosts a campfire chat. (S)(AD)
2.30 **Amanda & Alan's Spanish Job** The duo tackle the kitchen. (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)
3.45 **The Repair Shop on the Road** New edition Restoring a memorial to lives lost at sea. (S)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 MasterChef: The Professionals

7 PM

7.00 **The One Show** Clara Amfo and Vernon Kay present the topical show. (S)
7.30 **EastEnders** Priya is concerned for Ravi's mental wellbeing, Ross tries to help a situation, and Lauren hopes to prove herself. (S)(AD)

8 PM

8.00 **MasterChef: The Professionals** New edition 14/21. Five of the remaining chefs compete in the real world at a pop-up restaurant in Boxhall food hall in Central London. (S)(AD)
■ Continues on Friday

9 PM

9.00 **NEW SERIES Ambulance** 1/6. Return of the documentary. An abusive caller causes major disruption for the team in the control centre, while crewmates Sarah and Louise are shaken after an attack on them by a patient having a seizure. (S)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **MOTD: UEFA Champions League** A round-up of action from the last-16 first leg ties, as the top eight in the league played away to the play-off winners. (S)
12.00 M'T **FILM Harriet** Biopic telling the extraordinary story of Harriet Tubman, chronicling her escape from slavery in 19th-century Maryland and her transformation into a leading abolitionist who freed hundreds of slaves in the years before the American Civil War. Stars Cynthia Erivo, Janelle Monáe, Zackary Momoh and Joe Alwyn. (S) (2019, 12, 115min) ★★★
1.55 AM **Weather for the Week Ahead**
2.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.00 AM **Bear Grylls: Wild Reckoning**
6.30 **The Repair Shop on the Road** (R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Big Cats 24/7** (S)(R)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **Unbeatable** Game show. (S)(R)
2.30 **The Boss** Quiz show. (S)(R)
3.15 **Weatherman Walking** New edition The Great Orme. (S)
3.30 **New Zealand: Earth's Mythical Islands** Documentary. (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** (R)
5.15 **Flog It!** From Bristol. (S)(R)
6.00 **Richard Osman's House of Games** New edition With guests Chris McCausland, Claire Richards, Adele Roberts and Olly Smith. (S)
6.30 **Do You Know Your Place?** New edition From Paisley. (S)

6.30 Do You Know Your Place?

7 PM

7.00 **Great British Menu** New edition The central England chefs serve up their mains and desserts inspired by the British film industry, including a duck breast and bread sauce inspired by *Inception*. (S)(AD)
■ Continues tomorrow

8 PM

8.00 **Britain's Biggest Warship** 2/3. HMS *Queen Elizabeth* goes out on dangerous sea trials for the first time in the North Sea, where every part of the vessel is thoroughly put to the test and the first aircraft lands on the deck. (S)(R)(AD)

9 PM

9.00 **Hostage** New edition 2/3. Investigating the immediate fallout from the kidnap of John Cantlie and James Foley, as a perilous manhunt was launched by an expert hostage negotiator. (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **We Might Regret This** New episode 3/4. A benefits assessor comes to evaluate Freya's needs. (S2) (S)(AD)
■ Entire series on BBC iPlayer
10.30 **Newsnight** (S)
11.00 **Unspun World with John Simpson** Reflecting on the week's major global news stories. (S)
11.30 **The Misadventures of Romesh Ranganathan** 1/2. The comedian visits Sierra Leone. (S)(R)(AD)
12.30 AM **Sign Zone: Great British Menu** A tribute to *War Horse*. (S)(R)(AD)
1.30 **Sign Zone: Europe on the Edge with Katya Adler** (S)(R)(AD)
2.30 **Sign Zone: AI Confidential with Hannah Fry** (S)(R)(AD)
3.30 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** Current affairs and lifestyle features. (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
12.15 PM **ITV News** (S)
12.35 **Local News** (S)
12.45 **LIVE Racing: Cheltenham Festival** Ed Chamberlin presents coverage of day two of the prestigious festival, where the feature race is the 4.00 BetMGM Queen Mother Champion Chase, and races also take place at 1.20, 2.00, 2.40, 3.20 and 4.40. Analysis from AP McCoy, Ruby Walsh, Mick Fitzgerald and Megan Nicholls, and commentary by Richard Hoiles. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Emmerdale

7 PM

7.30 **Celebrity Lingo** New edition Adil Ray hosts the game of words as *Good Morning Britain*'s Kate Garraway and *This Morning*'s Ashley James take on singers Toyah Willcox and Carol Decker to win big money for their chosen charities. (S)

8 PM

8.00 **Emmerdale** Laurel confides in Nicola, while Rhona expresses her gratitude, but is spotted by Lydia. (S)(AD)
8.30 **Coronation Street** Todd's friends rally round to support him, while Ollie chastises Maggie. (S)(AD)

9 PM

9.00 **The Stolen Girl** New episode 3/5. Rebecca claims to be Lucia's real mother as Selma makes startling revelations about Elisa's past. (S1) (S)(AD)
■ Entire series on ITVX

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Peston** Political magazine hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.40 **The Jonathan Ross Show** With Kurt Russell, David Byrne, Maggie Aderin, Sara Pascoe and Tim Roth. Plus, music by Noah Kahan. (S)(R)
12.45 AM **Teleshopping**
3.00 **Tonight: Cars – What's Driving Up Costs?** (S)(SL)(R)
3.25 **Ainsley's Taste of the Bahamas** The chef heads to Nassau. (S)(R)
3.50 **Unwind with ITV** (S)
5.00 **to 6.00** AM **Gary Barlow's Wine Tour: South Africa** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.35 AM **Cheers** 22-24/26. (S10) (S)(R)
8.00 **LIVE Winter Paralympics** The opening events on day five. (S)
10.30 **LIVE Winter Paralympics** Great Britain v China in the mixed team wheelchair curling. (S)(AD)
12.00 NOON **LIVE Winter Paralympics** The gold and bronze medal matches in the mixed doubles wheelchair curling. (S)(AD)
1.50 PM **News** (S)
1.55 **LIVE Winter Paralympics** Further coverage of the mixed doubles wheelchair curling. (S)(AD)
3.40 **Countdown** New edition (S)
4.30 **A New Life in the Sun** (S)(R)
5.30 **Four in a Bed** New edition (S)
6.00 **Come Dine with Me** New edition Dental nurse Amy hosts. (S)
6.30 **Winter Paralympics Highlights** Action from day five. (S)(SL)

10.30 Winter Paralympics

7 PM

7.00 **News** (S)
7.55 **The Political Slot** Mothin Ali MP, deputy leader of the Green Party, sets out the party's plans for investment in community projects. (S)

8 PM

8.00 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer help baptist ministers Chris and Caroline decide whether to sell up or keep their four-bedroom home in Alnwick, Northumberland. (S)(R)(AD)

9 PM

9.00 **NEW SERIES A Woman of Substance** 1/8. Drama based on the bestseller by Barbara Taylor Bradford, starring Brenda Blethyn and Jessica Reynolds. *See feature, page12.* (S1) (S)(AD)
■ Continues tomorrow

10 PM

10.00 **Night Coppers** Jodie and Zoe break up a brawl between neighbours, but while one neighbour protests his innocence, the CCTV says otherwise. A child wandering the streets doesn't want to tell Emma who he is. (S)(R)(AD)
11.05 **Night Coppers** (S)(R)(AD)
12.05 AM **Lake District Rescue** (S)(R)
1.00 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
1.50 **FILM Catch Me Daddy** Thriller starring Sameena Jabeen Ahmed, Gary Lewis and Conor McCarron. (S)(SL) (2014, 15, 110min) ★★★★
3.40 **Our Welsh Chapel Dream** (S)(R)
4.35 **Location, Location, Location** (R)
5.30 **Find It, Fix It, Flog It** (S)(R)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Good Ship Murder Christmas Special** 1/8. A passenger is murdered at a monastery. (S3) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Jenny holds a pebble decorating workshop. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition A look at how otters were nearly wiped out in the 1970s. (S)
6.05 **Susan Calman's Grand Day Out** The comedian explores the West Yorkshire Valleys. (S)(R)
6.55 **News** (S)

9.00 Ellis

7.00 **Celebrity Puzzling** New edition Jeremy Vine hosts as team captains Sally Lindsay and Carol Vorderman are joined by Jodie Kidd and Shaun Williamson. (S)
7.55 **News** (S)
8.00 **Alice Roberts: Our Hospital Through Time** New edition 4/6. Alice looks at the Great Plague of 1665, asking medical historian Lesley Smith how today's medics would have dealt with those infected. (S)
9.00 **Ellis** New episode *Ashenham – Part Two:* 2/4. With most leads exhausted, the case threatens to stall – until the sudden disappearance of a local boy ignites a new urgency. (S2) (S)(AD)
10.00 **The Surgeon** Series finale 4/4. Following consultant heart surgeon Inder Birdi as he performs open-heart surgery on 70-year-old retired engineer Mike and fixes 59-year-old Sara's leaking heart valve. (S)
11.05 **Ambulance: Code Red** Paramedics rush a man to hospital following a grisly circular saw incident. (S)(R)(AD)
12.05 AM **Trauma Room One** (S)(R)
1.00 **Teleshopping** (S)(R)
2.30 **Friends** (S4) (S)(R)(AD)
2.55 **The Yorkshire Vet** (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S1) (S)(R)
9.00 **NCIS: Los Angeles** (S13) (S)(R)
10.00 **Will & Grace** (S1) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **David Attenborough's Galapagos** Documentary. (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
2.00 **NCIS: Los Angeles** (S13) (S)(R)
3.00 **S.W.A.T.** 12/22. (S1) (S)(R)(AD)
4.00 **Police 24/7** (S)(R)
5.00 **The Simpsons** (S)(R)
6.00 **The Office (US)** 19/19. Part two of two. Just as Jim is about to propose to Pam, Andy asks Angela to marry him. (S4) (S)(R) **6.30** 1/28. Part one of two. A weight-loss initiative causes the staff to become obsessed with dieting. (S5) (S)(R)

9.00 Ted 2

7.00 **The Simpsons** *Pork and Burns:* A Japanese book on minimalism inspires Marge to adapt to a new way of living. (S)(R) **7.30** *Fatzcarraldo:* Lisa tries to find a big story to save the school radio station. (S)(R)
8.00 **A League of Their Own** Guests Paddy Pimblett, Josh Widdicombe and Tom Davis join host Romesh Ranganathan and regulars Jamie Redknapp, Jill Scott and Micah Richards on the comedy quiz. (S)(R)(AD)
9.00 **FILM Ted 2** Comedy sequel starring Mark Wahlberg and Amanda Seyfried, and featuring the voice of Seth MacFarlane. The foul-mouthed talking teddy bear fights a court case for the right to be legally recognised as a person. (S) (2015, 15, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.10 **Grimm** 12/22. Nick and Hank investigate the murder of an elderly couple – an inquiry that leads them to an underground circuit where creatures must fight to the death. (S1) (S)(R)
12.10 AM **Police 24/7** (S)(R)
1.10 **The Force: Manchester** (S)(R)
2.05 **Road Wars** A suspected car thief causes problems. (S)(R)
3.00 **Hawaii Five-0** 12/24. (S1) (S)(R)
4.00 **S.W.A.T.** 12/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.30-3.00pm Politics Scotland (S) **12.00m't** Debate Night (S)(R) **1.00am** Scotcast (S)(R) **1.30** Weather for the Week Ahead (S) **1.35-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Nolan Live New edition (S) **11.40** MOTD: UEFA Champions League (S) **1.00-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Walescast (S) **11.15** MOTD: UEFA Champions League (S) **12.35am** Rewind: 60 Years of Welsh Pop (S)(R) **1.05-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Mums in Crisis – Spotlight (S)(R) **11.00** We Might Regret This New episode (S)(AD) **11.30** Unspun World with John Simpson (S) **12.00m't-12.30am** BBC News (S)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Neges Olaf Mike Peters **1.30** Ciao! Colleen Ag Owain (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Antur y Gorllewin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Bois y Pizza: Chwe' Gwlad (AD) **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Y Deis New edition **8.55** Newyddion a'r Tywydd **9.00** Stori'r Iaith New edition **10.00** Y Byd ar Bedwar **10.30** Sgwrs Dan y Lloer **11.00-11.35pm** Welsh Whisperer – Ni'n Teithio Nawr! (AD)

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall visits Thailand where he encounters a king cobra. **7.30** Steve learns about primates in Uganda.
8.00 **Dragons' Den** Pitches include a nose-friendly composter and a pre-loved kitchen business.
9.00 **The Apprentice** The candidates must organise corporate away days in Egypt.
10.00 **The Apprentice: Unfinished Business** Angela Scanlon and guests analyse the Egypt task.
10.30 **Living Every Second: The Kris Hallenga Story** A bold and vivacious cancer campaigner's love for life.
11.30 **FILM Kensuke's Kingdom** Animated family adventure. (2023, PG, 84min) ★★★★
12.50 AM **Men of the Manosphere** Documentary.
1.50 **EastEnders Investigates: The Manosphere**
2.20 **My Mate's a Bad Date**
2.45 **to 3.55** AM **RuPaul's Drag Race UK vs the World**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Villages by the Sea** Ben Robinson heads to Staithes in North Yorkshire.
7.30 **Canal Walks with Julia Bradbury** Julia travels the Kennet and Avon Canal.
8.00 **Dial B for Britain: The Story of the Landline** The story of how Britain's telephone network was built.
9.00 **Children of the Tsunami** Documentary exploring Japan's 2011 tsunami through the eyes of children who witnessed the disaster.
10.00 **Boys from the Blackstuff** *Yosser's Story:* 4/5. Yosser struggles to keep his family together following his wife's departure. (S1)
11.10 **Boys from the Blackstuff** *George's Last Ride:* 5/5. George reminisces about his younger days. (S1)
12.15 AM **Light and Dark**
1.15 **Villages by the Sea**
1.45 **Canal Walks with Julia Bradbury** As 7.30pm.
2.15 **to 3.15** AM **Dial B for Britain: The Story of the Landline**

MORE4

136/137 127 147 18 124 15

8.55 AM **The Perfect Pitch**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** A highly modified 1955 Ford Poplar has a whole host of problems. **5.50** Tim Shaw and Fuzz Townshend attempt to restore a town planner's iconic BMW E30 Alpina.
6.50 **The Dog House Australia** The Bearsly-Young family try to fit in husky-cross Elly.
7.55 **Grand Designs** Kevin McCloud meets Australian Matt and Zimbabwean-born Davi, who are building a radical multicultural home in the Chess Valley – only to quickly run into problems.
9.00 **Grand Designs** Kevin McCloud follows the progress of North Lincolnshire born-and-bred Danny who plans on building a sustainable and affordable home among the trees in his garden.
10.00 **24 Hours in A&E** A young boy falls 8ft onto concrete while riding his BMX, possibly injuring his spine, while a teenage motorcyclist is in danger of losing a leg.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line** Documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen...**
8.00 **The Goldbergs**
9.00 **Modern Family**
10.00 **Married at First Sight...**
11.40 **Rude(ish) Tube Shorts**
11.50 **Ramsay's Kitchen Nightmares USA**
1.50 PM **The Simpsons**
2.55 **Modern Family**
3.20 **Married at First Sight Australia** Reality series.
5.00 **Celebrity Coach Trip**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** A new cellmate spells danger for Lucas.
7.30 **Married at First Sight Australia** New edition Gia and Scott wake up smitten with each other, while Mel and Luke remain distant.
9.15 **Gogglebox** The armchair critics watch *Great Expectations*, *Rise and Fall* and *Tempting Fortune*.
10.15 **Gogglebox** Opinions on *The Great Celebrity Bake Off for Stand Up to Cancer*, *Beef* and *The Dog Academy*.
11.20 **First Dates**
12.25 AM **Naked Attraction's Best Naughty Bits**
1.30 **Married at First Sight Australia** As 7.30pm.
3.00 **Gogglebox**
3.55 **The Simpsons**
4.20 **The Goldbergs**
5.05 **to 6.00** AM **Don't Tell the Bride: Revisited**

+1 hr 235/236 306 30 123 256

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
9.00 **Border Security USA**
10.00 **Air Ambulance ER**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 12/13. (S6)
1.00 PM **The Rookie** 11/20. The team frantically search for Lucy following her abduction. **2.00** 12/20. Lucy returns to duty after her abduction. (S2)
3.00 **Law & Order: Criminal Intent** 19/23. An elderly woman dies in a fire. (S2)
4.00 **Nothing to Declare**

8.00 Caught on Dashcam

7 PM — **7.00** **Police 24/7** An intense storm makes things difficult for officers investigating a shooting.

8 PM — **8.00** **Caught on Dashcam** Outrageous road disasters captured via dashboard cameras.

9 PM — **9.00** **Blue Bloods** *Protective Instincts:* 3/20. Frank's old friend Lenny Ross presents him with an exciting job offer.

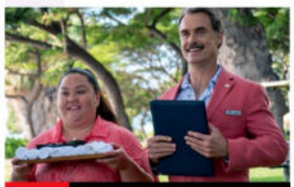
10 PM — **10.00** **Blue Bloods** *True Blue:* 4/20. Jamie partners with Erin and Anthony to investigate a bar used by the NYPD and FDNY. (S12)
11.00 **FBI** 11&9/13. (S6)
1.00 AM **Law & Order: Criminal Intent** 7/8. (S10)
2.00 **FBI** New episode 6/22. (S8)
3.00 **Road Wars**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.55 **The Sopranos** (S1)
10.00 **Succession** 5-9/9. (S3)
3.35 PM **Succession** 1/10. As Kendall, Shiv and Roman hone their pitch for investors in Los Angeles, Logan learns of a rival bid. **4.45** 2/10. Connor tries to make the most of his wedding rehearsal dinner. **5.50** 3/10. Logan doles out an unsavoury task to Roman, and Connor fixates on small details at his wedding. (S4)


9.00 The White Lotus

7 PM — **7.00** **Game of Thrones** *First of His Name:* 5/10. Cersei and Tywin plot their next move after Tommen's coronation.

8 PM — **8.00** **Game of Thrones** *The Laws of Gods and Men:* 6/10. Stannis and Davos arrive in Braavos, while Tyrion's trial begins. (S4)

9 PM — **9.00** **The White Lotus** *Arrivals:* 1/6. First episode of the comedy drama set at a tropical resort. Stars Murray Bartlett. (S1)

10 PM — **10.05** **The White Lotus** *New Day:* 2/6. Belinda walks a fine line, Armond deals with his guilt and Rachel seeks advice. (S1)
11.10 **The Wire** 8/13. Carver arrests a senator's driver after witnessing him picking up a large amount of cash. (S1)
12.15 AM **True Blood** 7/12. (S1)
1.15 **Game of Thrones** (S4)
4.35 **In Treatment** (S2)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.45 **Buying the View**
8.05 **Billie and Greg: Family Diaries**
9.10 **The Only Way Is Essex**
10.10 **Real Housewives of Miami**
11.05 **Real Housewives of Beverly...**
12.00 NOON **Limitless Win**
1.05 PM **Wheel of Fortune**
2.05 **The Only Way Is Essex**
3.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

7.00 Wheel of Fortune

7 PM — **7.00** **Wheel of Fortune** Graham Norton hosts as contestants compete for the chance to spin the wheel and win big money.

8 PM — **8.00** **Ant & Dec's Limitless Win** A father and son-in-law finish their game before husband-and-wife team face the ladder.

9 PM — **9.00** **The Princess Diaries** Series finale 4/4. Princess approaches a milestone as news of her mother's engagement breaks.

10 PM — **10.00** **Family Guy** 14/20. Peter and Chris get addicted to hotel breakfasts. **10.35** 15/20. Lois tries to win a contest. (S19)
11.05 **Family Guy** 16/20. Peter is told by his boss to work from home due to his excessive sweating. (S18)
11.35 **American Dad!** (S16)
12.30 AM **Bob's Burgers** (S13)
1.30 **The Princess Diaries**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *Ring Out Your Dead:* A murderer strikes a team of bell-ringers.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *School of Hard Knocks:* A young troublemaker vows revenge on the teacher who put him in hospital.

8.00 Grace

7 PM — **6.55** **Heartbeat** *The Runaways:* A gangster arrives in town looking for the accountant and his family who have gone on the run.

8 PM — **8.00** **Grace** *Dead If You Don't:* The team are called to investigate when a body in a barrel washes up on a beach in Sussex but Roy finds himself in a race to save hundreds of lives in Brighton.

10 PM — **10.00** **Endeavour** *Prelude:* A murder in a college garden leads Morse and Thursday to investigate an Oxford orchestra.
11.50 **A Touch of Frost** *House Calls:* Following a series of assaults on children, Frost takes a chance and decides not to charge a man he arrested years before for similar offences.
1.55 AM **On the Buses**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.20 **The Big Match Revisited**
8.25 **The Protectors**
9.00 **Racing: The Opening Show**
10.00 **Magnum, PI**
11.05 **The Sweeney**
12.15 PM **Dempsey and Makepeace**
1.25 **Magnum, PI**
2.25 **Kojak**
3.30 **Boon**
4.35 **The Sweeney**
5.45 **Minder** *A Star Is Born:* Arthur gets his hands on the unreleased recording of a late, lamented pop star's final song.

9.00 The Man with the Golden...

7 PM — **6.55** **Aussie Pickers** Lucas Callaghan and Adam McDonald drive by a promising property that is littered with car bodies.

8 PM — **7.55** **Junk & Disorderly** Henry, Allen and Guy finally take possession of the Buick Roadmaster they worked hard to own.

9 PM — **9.00** FILM **The Man with the Golden Gun** James Bond adventure starring Roger Moore. Agent 007 tangles with a deadly professional hit-man who uses golden bullets on his victims. With Christopher Lee and Britt Ekland. (1974, PG, 125min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 **Aussie Pickers**
12.35 AM **English Football League Highlights** Action from the midweek EFL fixtures.
1.30 **Minder**
2.25 **Motorsport Mundial**
2.50 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Roaming in the Wild** An adventure down the River Kelvin to Glasgow.
8.00 **Grand Tours of Scotland's Lochs** Paul Murton discovers a forgotten World War One German prison camp.
9.00 **Debate Night** Topical debate on the big issues affecting Scotland.
10.00 **River City** New episode Karen reluctantly agrees to help Alex, while Amber and Angus's night out does not go to plan.
10.30 **Jules and Greg's Wild Swim** New edition 3/5. The couple take to the water at night during Peebles' first Harvest Wild Swim Festival.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files** Ethical quandaries.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
9.00 **Ballers** 3&4/10. (S1)
10.10 **Sex and the City** (S4)
11.20 **Entourage** (S6)
12.35 PM **Will & Grace** (S7)
1.30 **Sex and the City** (S6)
2.45 **Ballers** 5&6/10. (S1)
3.55 **And Just Like That...**
4.45 **The Office (US)** (S4)
5.45 **Will & Grace** (S7)
6.45 **Community** (S2)
7.45 **Sex and the City** 1/20. Carrie's date with Jack Berger draws near. **8.20** 2/20. Charlotte considers converting to Judaism. (S6)
9.00 **Last Week Tonight with John Oliver** A satirical look at news and pop culture topics.
9.45 **Micky Flanagan: If Ever We Needed It** Stand-up.
11.00 **And Just Like That...**
12.00 M'T **Community** (S2)
1.00 AM **Entourage** (S6)
2.25 **Ballers** 1&2/10. (S1)
3.45 **to 5.00** AM **Curb Your Enthusiasm**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Gilbert and Sullivan: A Motley Pair**
6.30 **Peter and the Wolf**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Rising Stars**
3.00 **Battle of the Bagpipes**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Best of Landscape Artist of the Year** Series finale Highlights.
9.00 **Art's Wildest Movement**
10.00 **Quant** Documentary.
11.45 **Spike Milligan: The Unseen Archive**
1.20 AM **Offended by Irvine Welsh** Documentary.
2.20 **Will's Book**
3.40 **Sky Arts Book Club**
4.40 **Sex, Exile & Greatness**
5.35 **to 6.00** AM **Auction**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 18/20. (S1)
5.00 **Stargate SG-1** (S3)
6.00 **Star Trek: Voyager** (S7)
7.00 **Star Trek: The Next Generation** 26/26. (S7)
8.00 **Best of Landscape Artist of the Year** Series finale Highlights of the 11th series.
9.00 **The Rookie** (S2)
11.00 **Grimm** 7/13. (S6)
12.00 M'T **Warrior** 2/10. (S2)
1.00 AM **Brit Cops: War on Crime** Documentary.
2.00 **The Force: Manchester**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Celebrity Wheel of Fortune** With guests AJ Odudu, Gok Wan and Charlotte Church.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Matthew tries to open the 22 red boxes in the right order for the chance to win a life-changing cash prize.
6.00 **Lingo** Back-to-back editions of the quiz show hosted by Adil Ray.
9.00 **Beat the Chasers** Bradley Walsh hosts as people from across the country compete against the most formidable quiz team on TV.
10.00 **Tipping Point** Triple bill of the game show.
12.55 AM **Tenable**
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Location, Location, Location** From Glasgow.
10.00 **Our Welsh Chapel Dream** Documentary.
11.00 **Come Dine with Me**
11.30 **Four in a Bed**
12.00 NOON **A New Life in the Sun** From France.
1.00 PM **A Place in the Sun: Home or Away**
2.00 **A Place in the Sun: What Happened Next?**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **Location, Location, Location** In Yorkshire.
7.00 **Batch from Scratch: Cooking for Less**
8.00 **Jamie Cooks Spring**
9.00 **The Great Pottery Throw Down**
10.15 **Japan's Tsunami: Caught on Camera**
11.35 **Gogglebox** Double bill.
1.40 AM **Handcuffed: Last Pair Standing**
3.40 **to 4.40** AM **Open House: The Great Sex Experiment**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 17/26. (S6)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 18/26. (S6)
2.00 **Primeval** 1&2/6. (S5)
4.00 **Stargate SG-1** 10/22. (S3)
5.00 **Star Trek: Voyager** (S2)
6.00 **Star Trek: The Next Generation** 17/26. Part two of two. Worf discovers elderly Klingons are being held captive in a penal colony. (S6)

2.00 Primeval

7.00 **Star Trek: Deep Space Nine** *Inquisition:* 18/26. High-ranking investigating officers infiltrate the station. (S6)

8.00 **Stargate SG-1** *Forever in a Day:* 10/22. Daniel is finally reunited with his long-lost wife Sha're. (S3)

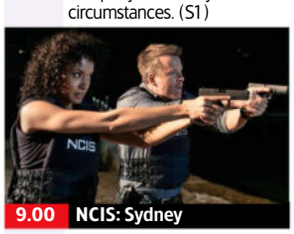
9.00 **Westworld** *Crisis Theory:* 8/8. Bernard confronts a ghost from his past, while Dolores' true intentions are finally revealed. (S3)

10.35 **The Leftovers** *The Book of Nora:* 8/8. Final episode. Nora makes the decision to enter Dr Eden and Dr Bekker's machine. (S3)
12.00 M'T **Wynonna Earp** 11/12. Wynonna and Waverly take two very different paths. (S4)
1.00 AM **True Blood** 3/10. Bill enlists a TruBlood innovator to synthesise a new type of blood. **2.00** 4/10. Sookie acts on her attraction to Ben. (S6)
3.00 **Wynonna Earp** As 12.00m't.
4.00 **to 6.00** AM **Primeval**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S14)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 5/23. (S1)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **My Life Is Murder** (S1)
1.00 PM **Death in Paradise** (S6)
2.00 **Murdoch Mysteries** (S14)
4.00 **The Mentalist** 5/23. (S1)
5.00 **Hudson & Rex** 2/8. Rex witnesses a murder while stuck at home. (S7)
6.00 **My Life Is Murder** 3/10. The CFO of a huge hospitality company dies in mysterious circumstances. (S1)


9.00 NCIS: Sydney

7.00 **Father Brown** *The Tanganyika Green:* The priest investigates the murder of a Colonial Postal Service officer.

8.00 **Death in Paradise** *Murder in the Polls:* 8/8. A political candidate is stabbed to death in the polling booth. (S6)

9.00 **NCIS: Sydney** New episode *Brother in Arms:* 3/8. A shark spits out the arm of an former Navy SEAL. (S1)

10.00 **Miss Scarlet** *The Enchanted Mirror:* 5/6. Eliza explores the cut-throat world of Victorian theatre. (S5)
11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise**
1.00 AM **My Life Is Murder**
2.00 **Murdoch Mysteries** 4/11. Murdoch and Brackenreid investigate researchers known as 'The Frankensteins.' (S14)
3.00 **to 4.00** AM **The Diplomat**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Highlights**
9.10 **Are You Being Served?**
9.50 **Last of the Summer Wine**
11.10 **Dad's Army**
11.50 **Porridge**
12.30 PM **Keeping Up Appearances**
1.10 **The Green Green Grass**
1.45 **Dad's Army**
2.25 **Hi-de-Hi!**
3.05 **Are You Being Served?**
3.45 **Porridge**
4.25 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

9.00 Bottom

7.00 **Porridge** Fletcher thinks Godber would be better off cheating if he wants to pass another O-level.
7.40 **Dad's Army** A German pilot is stuck on the town clock by his parachute.
8.20 **Are You Being Served?** The store advertises on Citizen Band radio.

9.00 **Bottom** Eddie spends the last of the pair's savings on an adult magazine. **9.40** The boys try to make some quick cash by going trick-or-treating.

10.20 **Men Behaving Badly** Deborah's new student friends make Gary feel long in the tooth.
11.00 **Harry Enfield and Chums**
11.35 **Bottom** Double bill.
12.55 AM **Men Behaving Badly**
1.35 **Hi-de-Hi!**
2.20 **Harry Enfield and Chums**
2.55 **Don't Wait Up**
3.25 **to 4.00** AM **The Green Green Grass**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers' Best of British** Extravagant dishes.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
11.00 **Rick Stein's Fresh Food**
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **World's Most Dangerous Roads** From Namibia.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Fresh Food** A Welsh bread recipe. **6.30** A feast based on cider.

6.00 Rick Stein's Fresh Food

7.00 **Would I Lie to You?** With guests Les Dennis, Richard Osman, Alice Levine and Lou Sanders.
7.40 **Richard Osman's House of Games** With Catherine Bohart and Meera Syal. **8.20** Panellists include Angela Barnes and Denise Van Outen.

9.00 **QI XL** Guests Danny Bhoy, Aisling Bea and Jimmy Carr join regualr panellist Alan Davies and host Stephen Fry.

10.00 **Have I Got a Bit More News for You** Lorraine Kelly hosts the satirical quiz, with guests Maisie Adam and Matt Chorley.
11.00 **Taskmaster** With David Baddiel, Ed Gamble, Jo Brand, Katy Wix and Rose Matafeo.
12.00 M'T **Mock the Week** With Milton Jones and Ed Byrne.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Hate Thy Neighbour**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.40 **The Bill**
8.35 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
12.55 PM **Classic EastEnders**
2.10 **All Creatures Great and Small** James dreads the forthcoming dog show.
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Birds of a Feather**
6.00 **Last of the Summer Wine**

8.00 The Marlow Murder Club

7.20 **Last of the Summer Wine** Auntie Wainwright sends Tom and Smiler to collect her new vehicle.

8.00 **The Marlow Murder Club** *Sailing Close to the Wind – Part One:* 5/6. A member of the sailing club is found bludgeoned to death.

9.00 **The Marlow Murder Club** *Sailing Close to the Wind – Part Two:* 6/6. Kit's killer sends yet another violent warning. (S2)

10.00 **New Tricks** *Fluke of Luck:* The detectives investigate the case of two boys kidnapped in 1979.
11.20 **Shakespeare & Hathaway: Private Investigators**
12.20 AM **The Inspector Lynley Mysteries** *Well-Schooled in Murder:* A pupil vanishes from a prestigious public school.
2.25 **Birds of a Feather**
3.00 **to 4.00** AM **Copper**

+1 hour 243 316 60 260

Wednesday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** (S6&7)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Masquerade:* 14/24. Terrorists threaten to detonate a crude nuclear device. **7.00** *Jack Knife:* 15/24. The murder of a former Marine is investigated. **8.00** *Mother's Day:* 16/24. Gibbs' former mother-in-law surfaces as a witness in a murder investigation. (S7)
9.00 **Criminal Minds** *Rusty:* 7/10. The BAU team travel to Denver to investigate a series of murders, and Prentiss evaluates her relationship with Special Agent Andrew Mendoza. (S15)
10.00 **Law & Order: Special Victims Unit** (S23&22)
1.45 AM **NCIS** (S22)
2.40 **Law & Order** (S24)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Rogue Claimers**
6.00 **Home and Away**
7.00 **Street Cops: Catching the Yobs** Officers try to bring in a man and his dangerous dogs.
8.00 **Call the Bailiffs: Time to Pay Up** Agents remove a man from a former footballer's home.
9.00 **The Beckham Feud: Truth & Lies** A look at Brooklyn Peltz Beckham's allegations against his parents in the wake of him lifting the lid on years of private drama.
11.00 **Cause of Death**
12.00 M'T **Diana: The Princess and the Bodyguard**
1.25 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Winter Road Rescue**
9.45 **Police Interceptors**
11.45 FILM **Something Big** Comedy Western starring Dean Martin. (1971, PG, 108min) ★★★
2.05 PM FILM **Hellfire** Western with Bill Elliott. (1949, PG, 90min) ★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** A child is knocked off his bike by a car in Gateshead.
9.00 **Traffic Cops** Officers are forced into a high-speed pursuit when a suspected drug-driver fails to stop.
10.00 **Police: Night Shift 999**
11.00 **The X-Files** 3/24. (S1)
12.00 M'T **Mud Mountain Haulers** Documentary.
1.05 AM **Outback Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **Find It, Fix It, Flog It**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **The Supervet: Noel Fitzpatrick** Double bill.
6.00 **DIY SOS: The Big Build**
8.00 **999 Rescue Squad** Paramedic Kim climbs into a crushed car precariously balanced over a fast-flowing river.
9.00 **Louis Theroux: Behind Bars** Documentary.
10.00 **Psychopath with Piers Morgan** An interview with killer Paris Bennett.
11.00 **Nurses Down Under**
12.00 M'T **Louis Theroux: Law & Disorder in Johannesburg**
1.00 AM **Louis Theroux: Life on the Edge**
2.00 **to 3.00** AM **Back from the Dead: Who Kidnapped Me?**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Coastal Railway Journeys**
8.00 **Bangers & Cash**
10.00 **War Factories**
11.00 **Rise of the Nazis: Dictators at War**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **War Factories**
5.00 **Rise of the Nazis: Dictators at War**
6.00 **Antiques Roadshow**
7.00 **The Americas with Simon Reeve**
8.00 **Bangers & Cash: Restoring Classics** A low-mileage Renault Dauphine proves irresistible to the team.
9.00 **Classic Car Kings** The team update a 1977 Daimler Sovereign Coupe with a slick makeover.
10.00 **Bangers & Cash**
2.00 **to 3.00** AM **Agatha Christie: Lucy Worsley on the Mystery Queen**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Sussex.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Derbyshire Auction House**
4.00 **Long Lost Family**
6.00 **Money for Nothing**
7.00 **Salvage Hunters**
8.00 **Antiques Road Trip** Raj Bisram and Irita Marriott search Oxfordshire.
9.00 **Who Do You Think You Are?** Comedian, actor and presenter Matt Lucas traces his ancestry. **10.00** Broadcaster and writer Richard Osman explores his family tree.
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

WEDNESDAY Entertainment

Great! TV
157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** Drama. (S1)
1.00 PM **The Waltons** (S5)
3.00 **Ballykissangel** (S4)
4.10 **Born and Bred** (S2)
5.20 **Doctor Finlay** 2/8. (S4)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 11-13/24. (S3)
9.00 **Whatever Happened to the Likely Lads?** 4/13. Terry finds it difficult to accept that times have changed. **9.40** 5/13. Terry decides he would like to track down some of his former girlfriends. **10.20** 6/13. Bob and Thelma throw a surprise party for Terry. (S1)
11.00 **The New Avengers** (S1)
12.00 M'T **The Avengers** (S6)
1.00 AM **M*A*S*H** (S3)
2.25 **Home to Roost** (S4)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action
323 319 426 42 33

9.00 AM **FILM Absolute Zero** Thriller. (2005, 12) ★
11.00 **The Baron** 22/30. (S1)
12.00 NOON **FILM War of the Wildcats** Western. (1943, b/w, U, 102min) ★★
2.20 PM **FILM The Nebraskan** Western. (1953, PG, 63min) ★★
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The New Avengers**
7.00 **The Avengers** (S5)
8.00 **The Baron** 23/30. (S1)
9.00 **FILM Mercenary for Justice** Action thriller. (2006, 18, 91min) ★★
11.05 **FILM Asteroid: Final Impact** Disaster thriller. (2015, PG, 86min) ★
12.55 AM **The Baron** (S1)
1.55 **The New Avengers**
2.50 **Police Ten 7**
3.15 **FILM Death Rides a Horse** Spaghetti Western. (1969, 15, 111min) ★
5.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery
321 318 425 50 48

8.10 AM **FILM An Aurora Teagarden Mystery: Three Bedrooms, One Corpse** (2016, PG) ★★
10.05 **In Plain Sight** (S1)
11.05 **Castle** 13/23. (S7)
12.05 PM **FILM The Gourmet Detective** Mystery. (2015, PG, 90min) ★★
2.00 **Diagnosis Murder** (S4)
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 14/23. (S7)
8.00 **Unforgettable** (S1)
9.00 **In Plain Sight** (S1)
10.00 **FILM Fixer Upper Mysteries: Concrete Evidence** Crime drama. (2017, PG, 89min) ★★
11.55 **FILM An Aurora Teagarden Mystery: A Game of Cat and Mouse** Crime thriller. (2019, PG, 84min) ★★
1.50 AM **FILM Dating to Kill** Thriller. (2019, 12) ★★
3.20 **to 5.00** AM **FILM Dead Lines** (2010, PG) ★★

+1 hour 322

Great! Romance
319 317 424 52 47

8.00 AM **FILM My Boss's Wedding** (2021) ★★
10.10 **FILM The Movie Star and the Cowboy** Drama. (2023, PG, 92min) ★★
12.05 PM **FILM The Boyfriend Trap** (2022, PG) ★★
2.00 **FILM A Slice of Romance** Drama. (2021, PG, 84min) ★★
4.00 **FILM The Wedding Rule** Romantic comedy. (2023, U, 90min) ★★
6.00 **FILM Picture Perfect Romance** Drama. (2022, U, 89min) ★★
8.00 **FILM Love at Lookout Lake** Romantic comedy. (2025, U, 89min) ★★
10.00 **FILM Love Upstream** Romantic comedy. (2021, PG, 85min) ★★
12.00 M'T **FILM Fixing Up Christmas** Romance. (2021, PG, 85min) ★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love at Lookout Lake** (2025)

+1 hour 320

Together TV
170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Marcus Wareing's Tales from a Kitchen Garden**
12.45 PM **Edwardian Farm**
2.00 **The Greatest Auction**
3.00 **My Greek Kitchen**
4.00 **Supermarket Secrets Revealed**
5.00 **Edwardian Farm**
6.15 **Marcus Wareing's Tales from a Kitchen Garden**
7.00 **Garden Rescue**
8.00 **The Greatest Auction** Buyers bid for a piece of a Formula 1 car.
9.00 **Love Your Home and Garden** Documentary.
10.00 **FILM Permissive** Drama. (1970, 18, 88min) ★★
12.00 M'T **FILM You Can't Win 'em All** Adventure. (1970, PG, 95min) ★★
2.00 AM **Marcus Wareing's Tales from a Kitchen Garden** Documentary.
2.45 **Edwardian Farm**
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV
182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.05 PM **The Dustbinmen**
12.35 **Agony** 2/7. (S2)
1.05 **Press Gang** 8/12. (S1)
1.35 **The Champions** (S1)
2.35 **Wish Me Luck** (S3)
3.40 **Mysterious Tales**
3.45 **Hank the Cowboy**
4.00 **Discovering Gardens**
4.30 **Old Country** 6/20. (S3)
5.00 **Stereo Underground**
6.00 **The Dustbinmen** (S1)
6.30 **Press Gang** 8/12. (S1)
7.00 **Agony** 2/7. (S2)
7.30 **The Gaffer** 2/7. (S2)
8.00 **The Champions** (S1)
9.00 **Drop the Dead Donkey**
10.00 **FILM Fanny Hill** Comedy. (1964, 18, 104min) ★★
12.00 M'T **Mary Millington's True Blue Confessions**
1.00 AM **Stereo Underground**
2.00 **A Day in the Life of Beryl Cook**
2.30 **to 6.00** AM **Highlights**

DMAX
158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Mysterious Creatures With Forrest Galante**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
9.00 **Maine Cabin Masters** New edition The crew take on a modular build.
10.00 **Barnwood Builders** New edition Mark Bowe and the crew build a two-story log cabin addition for an old brick home in Lexington, Virginia.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network
144 152 168 43 148 39

6.00 AM **Secrets of the Pub Kitchen** Double bill.
7.00 **Hairy Bikers' Mississippi Adventure**
8.00 **The Pioneer Woman**
9.00 **Meals for Every Day**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Brittany** Four editions.
3.00 **Hairy Bikers' Mississippi Adventure**
4.00 **The Pioneer Woman**
5.00 **Meals for Every Day**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Paul Hollywood: City Bakes** Double bill.
10.00 **Adam Richman Eats Italy** Double bill.
11.00 **Man v Food**
12.00 M'T **Diners, Drive-Ins and Dives** Triple bill.
1.30 AM **Diners, Drive-Ins and Dives: Triple D Nation** In Tennessee.
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 23/26. (S5)
9.00 **The A-Team** 5/13. (S5)
10.00 **The Invaders** (S2)
11.00 **FILM Riddles of the Sphinx** Action drama. (2008, 12, 89min) ★★
1.00 PM **FILM Arizona Bushwhackers** Western. (1968, PG, 87min) ★★★
3.00 **FILM Dakota Incident** Western. (1956, PG, 88min) ★★
5.00 **Star Trek** 7/24. (S3)
6.00 **The Invaders** (S2)
7.00 **The A-Team** 6/13. (S5)
8.00 **Walker, Texas Ranger**
9.00 **FILM Mechanic: Resurrection** Thriller. (2016, 15, 98min) ★★
11.05 **FILM The Sentinel** Political thriller. (2006, 12, 108min) ★★★
1.15 AM **FILM Lionheart** Action adventure. (1991, 108min) ★★
3.15 **to 5.00** AM **FILM Aftermath** Drama. (2016, 15, 94min) ★★

Legend Xtra
317 316 171 69 138 51

9.00 AM **FILM Age of the Dragons** (2010, 12) ★
11.00 **The Lost World** (S2)
12.00 NOON **FILM Night of the Big Heat** Chiller. (1967, 18, 94min) ★
2.00 PM **FILM Mega Shark vs Kolossus** Thriller. (2015, 12, 90min) ★
4.00 **Walker, Texas Ranger**
5.00 **FILM Bermuda Tentacles** Thriller. (2014, 12, 86min) ★★
7.00 **The Lost World** (S2)
8.00 **The Fall Guy** (S2)
9.00 **FILM Highlander III: The Final Dimension** Action fantasy sequel. (1995, 15, 99min) ★★
11.00 **FILM Vengeance: A Love Story** Thriller. (2017, 15, 99min) ★★
1.00 AM **FILM Highlander III: The Final Dimension**
3.00 **FILM Bermuda Tentacles** As 5.00pm.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze
156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Canadian Pickers** New edition
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Pawn Stars**
11.10 **Swamp People**
1.05 PM **Canadian Pickers**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Evidence of the...**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Monster Aliens** New edition
10.00 **UFO POV** New edition
11.00 **Alien Abductions: Answers** Alien contact.
1.00 AM **Evidence of the Unexplained**
2.00 **Monster Aliens**
3.00 **Swamp People**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Somerset: Wonder of the West Country**
11.00 **Ben Fogle: New Lives in the Wild** From Mongolia.
12.00 NOON **Nazi Megastructures**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Abandoned Engineering**
7.00 **Nazi Megastructures**
8.00 **Ben Fogle: New Lives in the Wild** North Carolina.
9.00 **James May's Great Explorers** James follows Walter Raleigh's rise to London's high society.
10.30 **Stonehenge: The Discovery with Dan Snow** The story of the ancient monument.
12.00 M'T **Wentworth Prison**
1.00 AM **22 Kids & Counting**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge
130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes** Vernon Kay hosts as Gary Lucy takes on Matt and Emma Willis.
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Celebrity Who Wants to Be a Millionaire?**
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **Tenable** Five naval officers from HMS *Queen Elizabeth* take part.
7.00 **The Chase** Triple bill.
10.00 **The Chase Celebrity Special** With guests Tim Vine, Alice Beer, Ken Bruce and Sonny Jay.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC
133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 6/24. Raj's sister creates tension between the guys when she visits. **8.30** 7/24. Leonard tries to be more confident around women. (S4)
9.00 **NEW SERIES Dr Pimple Popper: Breaking Out** Dr Lee meets Dot, who has a large lump growing on her thigh. **10.00** New edition Katrina suffers from oozing, smelly boils that have appeared all over her body.
11.00 **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Everybody Loves Raymond** 14-19/25. (S5)
1.00 PM **Friends** (S4&5)
8.00 **Friends** 14/24. Ross rents a flat opposite the girls. **8.30** 15/24. Ross makes a bad impression on his new neighbours. (S5)
9.00 **Michael McIntyre's Big Show** Lewis Capaldi is among the guests performing at the London Palladium.
10.00 **8 Out of 10 Cats Uncut**
11.40 **Jack Whitehall: Comedy Central Live**
12.10 AM **Whose Line Is It Anyway? USA**
1.10 **South Park** (S14&15)
3.10 **MTV Cribs: Comedians Specials** With Big Zuu.
3.25 **Rosie Jones Tries to Help** Catherine Bohart.
3.30 **Michael McIntyre's Big Show** As 9.00pm.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154

6.00 AM **Everybody Loves Raymond** (S5)
7.00 **Teleshopping**
9.00 **Spin City** 3&4/26. (S3)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S9)
1.10 PM **Criminally Funny**
2.40 **The Comedy Bus**
3.40 **Takeshi's Castle**
4.10 **Impractical Jokers**
5.10 **Whose Line Is It Anyway? USA**
6.10 **Spin City** 3&4/26. (S3)
7.00 **Everybody Loves Raymond** Six episodes of the sitcom, including at: **9.30** 19/25. Marie and Debra fall out. (S5)
10.00 **South Park** (S16)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Utopia** 2/8. (S3)
2.30 **Teachers** (S3)
3.00 **Reno 911!** 4&5/15. (S6)
3.45 **Important Things with Demetri Martin**
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV
171 150 56 164 42

8.00 AM **Highlights**
10.50 **Steptoe and Son** (S3)
11.20 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp**
12.30 PM **Man About the...**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 8/10. Sitcom. (S4)
2.45 **Minder** 8/11. (S4)
3.50 **Just Good Friends** (S3)
4.25 **Man About the House**
4.55 **Some Mothers Do 'Ave 'Em** 2/7. Sitcom. (S1)
5.25 **Yes, Minister** 2/7. (S1)
6.00 **That's 60s**
6.15 **Steptoe and Son** (S3)
6.50 **Rising Damp** 5/7. (S3)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 2/13. (S8)
9.00 **Benidorm** 6/7. (S6)
10.00 **Shameless** 11/16. (S5)
11.00 **Man About the House**
11.30 **Rising Damp** 4/8. (S2)
12.00 M'T **Benidorm** 6/7. (S6)
1.00 AM **Minder** 10/11. (S1)
2.05 **Till Death Us Do Part**
2.40 **to 6.00** AM **Highlights**

MTV
126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **MTV Cribs UK**
7.10 **Ghosted: Love Gone Missing** Double bill.
9.00 **Catfish: The TV Show**
12.00 NOON **Catfish: The Dramatic** Reality series.
1.00 PM **Catfish: The TV...**
2.00 **Catfish: On the Run**
3.00 **Catfish: The TV Show**
5.00 **Dallas Cowboys Cheerleaders**
7.00 **Rich Kids Go Skint**
8.00 **Teen Mom UK: Next Generation** New edition
9.00 **True Life Crime UK**
10.00 **Caught in the Act: Double Life** New edition
11.00 **Tattoo Fixers**
12.00 M'T **Ridiculousness** New editions Double bill.
1.00 AM **Caught in the Act: Unfaithful** New edition
2.00 **Caught in the Act: Unfaithful** Reality series.
2.45 **Teen Mom: The Next Chapter** Reality series.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of editions.
7.00 **Diesel Brothers**
9.00 **Hoffman Family Gold**
11.00 **Overhaulin'** Double bill.
1.00 PM **Gold Rush** Double bill.
3.00 **How It's Made Made** Four editions, including at: **4.00** Wooden barrels, fire hydrants and automotive seats. **4.30** Making stainless steel and laboratory glassware.
5.00 **Alaska: Homestead Rescue** Misty and Matt find themselves alone on a critical rescue.

10.00 Kindig Customs

7.00 **Wheeler Dealers** Mike Brewer introduces one of the most iconic sports cars of all time, the 1982 Porsche 911 SC.
8.00 **Wheeler Dealers** Mike comes across a Land Cruiser FJ60 and sources a JDM Toyota five-speed for Ant to install.
9.00 **Wheeler Dealers** Mike nabs a Porsche 997 at a bargain price of just £15,000, but it has a serious case of bore score.
10.00 **Kindig Customs** Series finale Dave Kindig, KevDogg and Will Lockwood take a look back at the past 10 years.
11.00 **Expedition Bigfoot** The expedition takes a turn when Bryce comes across a photo of a human-like hand with claws.
12.00 M'T **Deadliest Catch**
1.00 AM **Wheeler Dealers**
2.00 **Kindig Customs**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked** In Florida.
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees** Tia faces a challenge rescuing a dog tied up in an empty house.
3.00 **My Cat from Hell** Double bill.
5.00 **Lone Star Law** A group are caught in possession of firearms and narcotics.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog is rushed in after eating marijuana-infused chocolates.

5.00 Lone Star Law

7.00 **Treehouse Masters** Pete takes a tour of the USA to visit a few treehouses in the company of fellow enthusiasts and builders.
8.00 **Rugged Justice** A hunter tries to get away with illegally killing an elk, and a bear goes on a rampage inside a car.
9.00 **Alaska: The Last Frontier** Atz gives Jane a lesson in skinning and Eve has conflicting thoughts about deer hunting.
10.00 **Alaskan Bush People** The Browns raise the defences when they find evidence that a predator is stalking the ranch.
11.00 **Mountain Monsters** A large canine is suspected of stalking the hallows of Cherokee County, North Carolina.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **The Pool Master**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Dutch Caribbean Coastguards** Documentary.
9.00 **Air Crash Investigation**
10.00 **Incas: The Rise and Fall**
11.00 **Nazi Megastructures: Battle Ready** Hitler's hideouts.
12.00 NOON **Destruction Decoded**
1.00 PM **Car S.O.S** A Citroën SM.
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Car S.O.S** A VW Dune Buggy.
5.00 **Ice Road Rescue**
6.00 **Inside Melbourne Airport** Brad has just 90 minutes to turn around an Air India flight.

10.00 Strangest Things

7.00 **Air Crash Investigation** The pilots of a chartered private jet are determined to land at Aspen's tricky single-runway airport.
8.00 **Egypt's Sun King: Secrets and Treasures** Exploring the first newly discovered burial place since Tutankhamun.
9.00 **King Tut in Colour** The discovery of Tutankhamun's tomb is revealed for the first time in colour.
10.00 **Strangest Things** Close inspection reveals a set of strange marks on the mask of Tutankhamun.
11.00 **Air Crash Investigation**
12.00 M'T **Yukon Rescue**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day** How Gibson Guitars make their instruments.
2.30 **Lords of War** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Ice Road Truckers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Digging for Britain**
1.00 PM **The Curse of Oak Island**
2.00 **Mysteries Unearthed with Danny Trejo** As 10.00pm.
3.00 **Bradley Walsh: Egypt's Cosmic Code** Triple bill of the documentary, including at: **5.00** Exploring the mysteries of King Tutankhamun.
6.00 **American Pickers** Mike and Robbie enjoy a dizzying joyride.

10.00 Mysteries Unearthed

7.00 **Forged in Fire** Smiths battle it out to recreate the Greek Kopis in the hope of becoming the next champion.
8.00 **Strange Evidence** A Vermont woman films a Loch Ness Monster-esque creature in America's Lake Champlain.
9.00 **The Curse of Oak Island** New edition The team discover an artefact on Lot 8 that may date back to medieval times.
10.00 **Mysteries Unearthed with Danny Trejo** New edition A look back at the explosions that changed history.
11.00 **My Paranormal Nightmare** A mother and daughter fear they are the victims of a horrifying family curse.
12.00 M'T **Bradley Walsh: Egypt's Cosmic Code** Triple bill.
2.50 AM **The Curse of Oak Island**
3.40 **Strange Evidence**
4.25 **Pawn Stars** Chum unboxes 1912 Yale baseball uniforms.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **McMillion$**
7.00 **Discovering: Jeremy Irons**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **Last Call: When a Serial Killer Stalked Queer New York** 1-4/4. The case of a serial killer targeting gay men during the Aids crisis.
2.00 PM **OJ: Made in America**
4.00 **Discovering: Jeremy Irons**
5.00 **The Directors**
5.55 **100 Foot Wave** 1/5. Surfer Garrett McNamara grapples with health problems.

8.00 Until the Wheels Fall Off

6.55 **The Comedy Store** 3/5. When Mitzi Shore fell sick in the late 1990s, the Store floundered without her leadership..
8.00 **Tony Hawk: Until the Wheels Fall Off** A look at the skateboarder's life and career, and his relationship with the sport with which he's been synonymous for decades.
10.30 **OJ: Made in America** 3/5. Police discover the bodies at the condo on Bundy Drive and the trial of OJ Simpson for the murders of Nicole Brown Simpson and Ronald Goldman gets under way.
12.30 AM **The Story of Late Night** 4/6. The rivalry between David Letterman and Jay Leno.
1.20 **Yacht Rock: A Dockumentary**
3.10 **Bardot** Documentary
5.00 **to 6.00** AM **Discovering: Jeremy Irons**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** Angus Ashworth takes a trip back in time when he visits a home that is dressed like a Victorian townhouse. **9.00** New edition Angus sells the treasures of an abbey to fund the monks' retirement.
10.00 **Celebrity Yorkshire Auction House**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers: Dream Car** Double bill.
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Killer Beside Me**
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories** The barrister examines real-life cases.
8.00 **Murder on CCTV** The brutal murder of an elderly landlady.
9.00 **Killer Confessions: Case Files of a Texas Ranger** Four women vanish and their cases go cold for decades.
11.00 **Judge Rinder's Crime Stories**
12.00 M'T **American Monster**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** Faye believes she has the man of her dreams, until signs of abuse emerge.
8.00 **Millionaire Murders** In 2015, the bodies of the wealthy Smith family were found.
9.00 **Storm of Suspicion** New edition A loving father vanishes on a hunting trip in the Florida panhandle.
10.00 **Fatal Fall: Murder or Accident?** Series finale Exploring the case of John Chipp, who was thrown 85ft to his death after a night out.
11.00 **Bloodline Detectives**
1.00 AM **Millionaire Murders**
2.00 **Storm of Suspicion**
3.00 **Fatal Fall: Murder or Accident?** As 10.00pm.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Britain's Countryside Killers**
10.45 **Teleshopping**
11.00 **48 Hours** Amy Fanion.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Britain's Countryside Killers**
4.00 **48 Hours** Nicki Myers Bates was just seven years old when her mother vanished.
5.00 **Medical Detectives** A renowned surgeon is found murdered. **5.30** Police suspect a woman of murdering her husband. **6.00** A woman appeals against a conviction for killing her mother. **6.30** A murderer sends his victim's family her last will and testament.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Rapid Response** Documentary.
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Police 24/7**
11.00 **Murders That Shocked the Nation** John Straffen.
12.00 NOON **Killer in My Village** Double bill.
2.00 PM **World's Most Evil...**
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **What the Killer Did Next** Nicola Stephenson.
10.00 **Beware the Slenderman**
12.10 AM **How I Caught the Killer** Documentary.
1.10 **Police 24/7**
2.05 **Murders That Shocked...**
3.00 **Murdered at First Sight**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **The Bush Years**
8.55 **Thirties in Colour: Countdown to War**
9.50 **France: The Post War Recovery** As 8.35pm.
10.55 **Invention of Surgery**
11.55 **Besieged Fortresses, Legendary Battles**
1.00 PM **Thirties in Colour: Countdown to War**
2.00 **Earth's Extremes**
2.35 **The Bush Years**
3.30 **Thirties in Colour: Countdown to War**
4.30 **France: The Post War Recovery** As 8.35pm.
5.40 **Invention of Surgery**
6.40 **The Bush Years**
7.35 **Thirties in Colour: Countdown to War**
8.35 **France: The Post War Recovery** French industry and agriculture.
9.50 **Invention of Surgery**
10.50 **Once Upon a Time in Northern Ireland**
12.00 M'T **The Bush Years**
12.55 **to 2.00** AM **France: The Post War Recovery**

WEDNESDAY

Sky Nature

124/125 113/114 135 354 369

- 6.00 AM **Ol Pejeta Diaries**
- 7.00 **Monkey Life**
- 8.00 **Great Parks of Africa**
- 9.00 **Orangutan Jungle School**
- 10.00 **Reef Wrecks**
- 11.00 **Africa's Wild Roommates: How Animals Share Bed and Board**
- 12.00 NOON **Deep Dive North America** Documentary.
- 1.00 PM **Monkey Life**
- 2.00 **Great Parks of Africa**
- 3.00 **Orangutan Jungle School**
- 4.00 **Reef Wrecks**
- 5.00 **Uptown Otters**
- 6.00 **Deep Dive North America**
- 7.00 **Monkey Life** Double bill.
- 8.00 **Islands** Focusing on Borneo.
- 9.00 **Into the Wild: Colombia**
- 10.00 **Deep Dive North America**
- 11.00 **Uptown Otters**
- 12.00 M'T **Africa's Wild Roommates: How Animals Share Bed and...**
- 1.00 AM **Ol Pejeta Diaries**
- 2.00 **Islands** Focusing on Borneo.
- 3.00 **Into the Wild: Colombia**
- 4.00 **Great Parks of Africa**
- 5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

- 6.00 AM **World's Most Unexplained**
- 7.00 **Life After People**
- 8.00 **What on Earth?**
- 9.00 **The Abyss: Rise & Fall of the Nazis** As shown at 7.00pm.
- 10.00 **Combat Trains**
- 11.00 **Ancient Aliens**
- 1.00 PM **Alien Files: Unsealed**
- 2.00 **Walking Through History**
- 3.00 **Inside the Tower of London**
- 4.00 **World's Most Unexplained**
- 5.00 **Life After People**
- 6.00 **What on Earth?**
- 7.00 **The Abyss: Rise & Fall of the Nazis** How a social protest turned into an anti-Jewish movement during the 1920s.
- 8.00 **Combat Trains** The story of the Great Locomotive Chase.
- 9.00 **Secrets in the Ice**
- 10.00 **Rome: Rise and Fall of an Empire** Marcus Aurelius.
- 11.00 **Ancient Aliens**
- 1.00 AM **Alien Files: Unsealed**
- 2.00 **Walking Through History**
- 3.00 **Inside the Tower of London**
- 4.00 **World's Most Unexplained**
- 5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

- 8.00 AM **How the Universe Works**
- 11.00 **The Dino Hunters**
- 12.00 NOON **Richard Hammond's Big** Austria's Kölnbrein Dam.
- 1.00 PM **Blowing Up History**
- 3.00 **Alien Highway**
- 6.00 **How Do They Do It?** How pilots train to perform death-defying acrobatics. **6.30** A look at how New York bagels are hand-rolled. **7.00** A look at how waste is collected in Venice. **7.30** Examining how rosebuds are turned into Turkish delight. **8.00** A look how the world's finest canvases are created. **8.30** An insight into how people care for bees.
- 9.00 **Expedition Bigfoot** Specialists set out to find the fabled Bigfoot. **10.00** Russell and Mireya uncover their first piece of potential evidence.
- 11.00 **Unexplained and Unexplored**
- 1.00 AM **Alien Highway**
- 4.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

- 6.00 AM **The First 48**
- 7.00 **Homicide Hunter**
- 9.00 **Court Cam**
- 11.00 **Killer Britain with Dermot Murnaghan** Triple bill.
- 2.00 PM **Accident, Suicide or Murder?** As shown at 8.00pm.
- 3.00 **Murder by Medic**
- 6.00 **The First 48**
- 7.00 **Cold Case Files** The death of Janie Landers in 1979.
- 8.00 **Accident, Suicide or Murder?** New edition A horse groomer's apparent suicide is called into question years later.
- 9.00 **Killer Grannies** New edition A tip-off reveals a wishing well that hides buried secrets.
- 10.00 **Don't Open the Door**
- 11.00 **Ross Kemp: Lost Boys, Deadly Men** Kyle Clifford.
- 12.00 M'T **Britain's Darkest Taboos**
- 1.00 AM **Interrogation Raw**
- 2.00 **Homicide Hunter**
- 3.00 **Imperfect Murder**
- 5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

- 8.00 AM **Yukon Vet**
- 9.00 **Fish Tank Kings**
- 10.00 **America the Wild**
- 11.00 **Wild, Smart and Deadly**
- 12.00 NOON **The Incredible Dr Pol**
- 1.00 PM **Yukon Vet**
- 2.00 **Return of the Hunters**
- 3.00 **The Hidden Kingdoms of China**
- 4.00 **Secrets of the Zoo**
- 5.00 **Ultimate Airport Dubai**
- 6.00 **Yukon Vet**
- 7.00 **The Hidden World of Snakes** New edition Across Africa, an array of habitats hosts venomous strikers and constrictors.
- 8.00 **Killer Snakes** One family of snakes that kill more people than any other on Earth.
- 9.00 **Deadly Dozen** The most dangerous creatures in Australia.
- 10.00 **Alaska: The Next Generation**
- 11.00 **Ice Road Rescue**
- 12.00 M'T **Africa's Hunters**
- 1.00 AM **Animal Fight Club**
- 2.00 **The Incredible Dr Pol**
- 3.00 **Yukon Vet**
- 4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

174 147 181

- 7.00 AM **Combat Dealers: Reloaded** As 8.00pm.
- 8.00 **Salvage Hunters: Classic Cars**
- 9.00 **Combat Dealers**
- 10.00 **Blowing Up History**
- 12.00 NOON **How the Universe Works** Exploring the problems with proving or disproving the existence of aliens.
- 1.00 PM **Mysteries at the Castle**
- 2.00 **Aliens in Alaska**
- 3.00 **Expedition Unknown**
- 4.00 **Expedition X**
- 5.00 **Mysteries at the Museum**
- 7.00 **How the Universe Works** Scientists investigate whether there might be warm liquid water on Pluto.
- 8.00 **Combat Dealers: Reloaded**
- 9.00 **Ancient Unexplained Files**
- 10.00 **How Do They Do It?**
- 11.00 **Massive Engineering Mistakes**
- 12.00 M'T **Mysteries at the Museum**
- 2.00 AM **How the Universe Works**
- 3.00 **Mysteries at the Castle**
- 4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

- 9.00 AM **999 Rescue Squad**
- 1.00 PM **999 Rescue Squad**
- 5.00 **Doctor Who**
- 6.35 **Doctor Who** *Planet of the Daleks – Part One:* 15/26. A wounded Doctor falls into a coma as the Tardis is piloted remotely by the Time Lords – taking the occupants to a jungle planet. Stars Jon Pertwee. **7.00** *Planet of the Daleks – Part Two:* 16/26. The Spiridons reveal the Daleks' dastardly plan. **7.35** *Planet of the Daleks – Part Three:* 17/26. Jo instigates an infiltration of the Dalek base. **8.05** *Frontier in Space – Part Four:* 12/26. The true manipulator is revealed. **8.40** *Frontier in Space – Part Five:* 13/26. The Master captures the Doctor and shows off his alliance with the Daleks. **9.10** *Frontier in Space – Part Six:* 14/26. The Doctor and Jo set off in pursuit of the Daleks to stop their invasion attempt. (S10)
- 9.40 PM **to 6.00** AM **Doctor Who**

+1hour 266 376

ID

154 140 166

- 8.00 AM **Broken Trust**
- 9.00 **American Monster**
- 11.00 **Disappeared**
- 12.00 NOON **Evil Lives Here**
- 1.00 PM **American Monster**
- 3.00 **Disappeared**
- 4.00 **Evil Lives Here**
- 5.00 **Breaking Homicide**
- 7.00 **Murder Under the Friday Night Lights** On New Year's Eve, a former cheerleader goes to a party and is found murdered the next day. **8.00** The shooting of a football coach inside a high school triggers a lockdown.
- 9.00 **High Speed Chase** Officers chase down two suspects with an assault rifle who are intent on shooting their way out.
- 10.00 **Police 911: Michigan** Detectives investigate the masked shooter of 15-year-old Milli Penn.
- 11.00 **Real Time Crime**
- 12.00 M'T **Cabin in the Woods**
- 2.00 AM **Breaking Homicide**
- 4.00 **to 6.00** AM **Murder Under the Friday Night Lights**

+1hour 254 366

Discovery Turbo

161/172 146 180

- 7.00 AM **Wheeler Dealers**
- 8.00 **Motor Pickers**
- 9.00 **Outback Truckers**
- 10.00 **Salvage Hunters: Classic Cars**
- 11.00 **Shed and Buried**
- 12.00 NOON **Richard Hammond's Workshop** Richard faces the harsh reality that the workshop isn't yet making any money.
- 1.00 PM **Bad Chad Customs**
- 2.00 **Salvage Hunters: Classic Cars**
- 3.00 **Outback Truckers**
- 4.00 **Shed and Buried: Classic Cars**
- 5.00 **Motor Pickers**
- 6.00 **Wheeler Dealers**
- 7.00 **Shed and Buried**
- 8.00 **Shed and Buried: Classic Cars** Henry and Fuzz check out a stylish Lanchester LD10.
- 9.00 **Holden Bros. Restos**
- 10.00 **Outback Truckers**
- 11.00 **Wheeler Dealers**
- 12.00 M'T **Shed and Buried: Classic...**
- 1.00 AM **Richard Hammond's Workshop** As 12.00noon.
- 2.00 **Iron Resurrection**
- 3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

- 7.15 AM **Pets on a Train** (2025)
- 8.55 **Icefall** As shown at 6.15pm.
- 10.45 **The Gentleman** As 3.50am.
- 12.30 PM **Adulthood** As 12.15am.
- 2.20 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
- 4.00 **How to Train Your Dragon** Fantasy adventure with Mason Thames and Nico Parker. (2025, PG, 125min) ★★★★
- 6.15 **Icefall** Action thriller starring Joel Kinnaman and Cara Jade Myers. (2025, 15, 95min)

10.20 Bring Her Back

8.00 Jurassic World: Rebirth Fantasy adventure starring Scarlett Johansson, Mahershala Ali and Jonathan Bailey. A crack team infiltrates a forbidden island to collect the DNA of three key dinosaur species. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Bring Her Back Thriller starring Billy Barratt, Sora Wong and Sally Hawkins. A brother and sister uncover a terrifying ritual at the secluded home of their new foster mother. (2025, 18, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.15 AM **Adulthood** Crime comedy drama starring Josh Gadd. (2025, 15, 97min) ★★★
- 2.05 **Bone Lake** Comedy thriller. (2024, 18, 94min) ★★★
- 3.50 **The Gentleman** Thriller. (2025, 15, 89min) ★★
- 5.35 **to 7.20** AM **Plainclothes** Thriller. (2025, 15, 95min)

Sky Cinema Action Heroes

303 303 403 503 517

- 6.45 AM **Shooter** As 1.50am.
- 8.55 **The Equalizer** Action thriller. (2014, 15, 132min) ★★★
- 11.10 **Lethal Weapon 3** Action comedy thriller sequel. (1992, 15, 118min) ★★
- 1.10 PM **300** Epic adventure. (2006, 15, 116min) ★★★★
- 3.10 **Mission: Impossible – The Final Reckoning** Thriller. (2024, 12, 169min) ★★★
- 6.00 **The Bourne Ultimatum** Spy thriller. (2007, 12) ★★★★

6.00 The Bourne Ultimatum

8.00 Raiders of the Lost Ark Steven Spielberg's action adventure starring Harrison Ford. Buccaneering archaeologist Indiana Jones tries to stop the Ark of the Covenant from falling into Nazi hands. With Karen Allen. (1981, PG, 115min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Running Man Sci-fi adventure starring Arnold Schwarzenegger as an escaped convict forced to participate in a deadly, gladiatorial game show. (1987, 18, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.50 **Pitch Black** Sci-fi chiller with Vin Diesel and Radha Mitchell. (1999, 15, 108min) ★★★★
- 1.50 AM **Shooter** Action thriller. (2007, 15, 125min) ★★★★
- 4.05 **White Elephant** Action thriller starring Bruce Willis. (2022, 15, 100min) ★★★
- 5.45 **to 6.40** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

- 6.35 AM **Love Story** As 6.15pm.
- 8.25 **Escape to Victory** As 2.35am.
- 10.30 **An Officer and a Gentleman**
- 12.35 PM **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
- 2.40 **Jackie** Biographical drama. (2016, 15, 100min) ★★★★
- 4.30 **A Mistake** Medical drama. (2024, 15, 101min) ★★★
- 6.15 **Love Story** Romantic drama. (1970, PG, 100min) ★★★★
- 8.00 **It Ends with Us** Drama based on Colleen Hoover's novel, starring Blake Lively. A woman's abusive relationship is shaken after her first love reappears. (2024, 15, 125min) ★★★
- 10.15 **Legends of the Fall** Epic period drama starring Brad Pitt, Anthony Hopkins, Aidan Quinn and Julia Ormond. The three sons of a retired colonel come into conflict when they meet a beautiful young woman. (1994, 15, 133min) ★★★★
- 12.30 AM **An Officer and a Gentleman** Romantic drama. (1981, 15, 125min) ★★★★
- 2.35 **Escape to Victory** War drama. (1981, PG, 111min) ★★
- 4.35 **Sky Cinema Preview**
- 5.20 **to 7.05** AM **Quartet** Comedy drama. (2012, 12, 94min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

- 6.45 AM **There's Something in the Barn** Horror comedy. (2023, 15, 100min) ★★
- 8.40 **Lovely, Dark, and Deep** Horror. (2023, 15, 87min) ★★★
- 10.20 **Ready Player One** Adventure. (2018, 12, 140min) ★★★★
- 12.50 PM **A Quiet Place** Horror. (2018, 15, 90min) ★★★★
- 2.35 **Mad Max** Cult action thriller. (1979, 15, 93min) ★★★★★
- 4.25 **Mad Max 2** Thriller sequel. (1981, 18, 95min) ★★★★
- 6.10 **Mad Max Beyond Thunderdome** Action thriller sequel. (1985, 15, 107min) ★★★
- 8.00 **Furiosa: A Mad Max Saga** Fantasy adventure starring Anya Taylor-Joy and Chris Hemsworth. (2023, 15, 148min) ★★★★
- 10.30 **Back to the Future Part II** Time-travel comedy adventure sequel starring Michael J Fox and Christopher Lloyd. (1989, PG, 107min) ★★★
- 12.20 AM **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
- 2.05 **Blade** Action adventure chiller. (1998, 18, 121min) ★★★
- 4.10 **If You Were the Last** Comedy. (2023, 15, 92min) ★★★★
- 5.45 **to 7.20** AM **Arcadian** Horror. (2024, 15, 92min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.45 AM **The Last Airbender** Fantasy. (2010, PG) ★★
8.35 **Peter Pan** Fantasy adventure. (2003, PG, 113min) ★★★★
10.30 **Sonic the Hedgehog 3**
12.25 PM **Hook** Fantasy adventure. (1991, U, 140min) ★★★
2.50 **Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
4.30 **Cats & Dogs** Fantasy comedy. (2001, PG, 87min) ★★★
6.00 **Sonic the Hedgehog 3** Fantasy sequel. (2024, PG) ★★★

9.30 A Minecraft Movie

8.00 **Scooby-Doo** Live-action comedy adventure based on the Hanna-Barbera cartoon series, starring Freddie Prinze Jr and Sarah Michelle Gellar. (2002, PG, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **A Minecraft Movie** Fantasy adventure starring Jack Black and Jason Momoa. A band of misfits embark on an epic quest after entering a cubic wonderland. (2025, PG, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **The Borrowers** Fantasy adventure starring John Goodman and Jim Broadbent. (1997, U, 86min) ★★★★
12.45 AM **Paul Blart: Mall Cop** Crime comedy starring Kevin James. (2009, PG, 91min) ★
2.20 **Cats & Dogs** As 4.30pm.
3.50 **The Cat in the Hat** Comic fantasy starring Mike Myers. (2003, PG, 82min) ★★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 407 507 521

7.30 AM **The Italian Job** (1969)
9.20 **Rumble in the Bronx** Action comedy. (1996, 15) ★★★
11.05 **Morbius** Fantasy adventure. (2022, 12, 104min) ★★
1.00 PM **Uncharted** Adventure. (2022, 12, 116min) ★★★
3.00 **Troy** Spectacular epic. (2004, 15, 163min) ★★★
5.55 **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure. (2008, 12, 122min) ★★★

5.55 Indiana Jones and the...

8.00 **Twisters** Disaster drama sequel starring Daisy Edgar-Jones and Glen Powell. A meteorologist crosses paths with a storm-chasing social media star in Oklahoma. With Anthony Ramos and Brandon Perea. (2024, 12, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Fast & Furious 6** Action thriller sequel starring Vin Diesel. The gang of carjackers come out of retirement to stop a criminal mastermind from building a superweapon. (2013, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Jackie Chan's First Strike** Thriller. (1996, 12, 83min) ★★
2.10 **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
3.55 **Once Upon a Time in China and America** Adventure. (1997, 15, 102min) ★★★
5.40 **to 7.30** AM **Project A** Thriller. (1985, 12, 72min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.10 AM **How to Lose a Guy in 10 Days** (2003, 12) ★★★
9.10 **Mean Girls** (2004, 12) ★★★★
10.55 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
12.55 PM **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
2.55 **Ferris Bueller's Day Off** Teen comedy. (1986, 12) ★★★★
4.45 **Sixteen Candles** (1984) ★★★
6.25 **The Naked Gun 2½: The Smell of Fear** (1991, 15) ★★★

6.25 The Naked Gun 2½

8.00 **You've Got Mail** Romantic comedy starring Tom Hanks and Meg Ryan as two bookshop owners who hate one another in real life but are e-mail lovers in cyberspace. (1998, PG, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Bridget Jones's Baby** Romantic comedy sequel starring Renée Zellweger and Colin Firth. After a pair of one-night stands, the now single Bridget Jones winds up pregnant. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **This Is Spinal Tap** Spoof. (1983, 15, 83min) ★★★★★
1.50 **Jackass: The Movie** Slapstick comedy. (2002, 18, 87min) ★
3.20 **Jackass 3** Slapstick comedy sequel. (2010, 15, 93min) ★★
5.00 **to 7.10** AM **Talladega Nights: The Ballad of Ricky Bobby** Comedy. (2006, 15) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.35 AM **Restless** (2024, 15) ★★
8.15 **Speak No Evil** Horror thriller. (2024, 15, 110min) ★★★★
10.15 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
12.15 PM **Psycho** Horror chiller remake. (1998, 15, 100min) ★
2.05 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
4.05 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★
5.55 **Collateral** Crime thriller. (2004, 15, 120min) ★★★★

10.10 Hannibal

8.00 **Red Dragon** Crime thriller starring Edward Norton, Ralph Fiennes and Anthony Hopkins. A troubled former FBI agent is brought out of retirement to hunt down a serial killer and is forced to turn to Hannibal Lecter for advice. (2002, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Hannibal** Chiller sequel to *The Silence of the Lambs*, starring Anthony Hopkins and Julianne Moore. FBI agent Clarice Starling becomes an unwitting pawn in a perverse billionaire's plot to trap Hannibal Lecter. (2001, 18, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Chinatown** Crime thriller. (1974, 15, 131min) ★★★★★
2.40 **The Surfer** Psychological thriller starring Nicolas Cage. (2024, 15, 100min) ★★★★
4.25 **to 6.15** AM **Psycho** (1998)

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Tomahawk** Western. (1950, PG, 82min) ★★
12.40 PM **The Bravados** Western. (1958, PG, 98min) ★★★
2.40 **Gunman's Walk** Western. (1958, PG, 95min) ★★
4.35 **Send Me No Flowers** Comedy. (1964, U, 100min) ★★★
6.40 **Notting Hill** Romantic comedy starring Hugh Grant and Julia Roberts. (1999, 15, 120min) ★★★★

11.20 The Father

8 PM **Notting Hill** (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **The Equalizer 2** Action thriller sequel starring Denzel Washington and Pedro Pascal. When a CIA friend is murdered, vigilante Robert McCall sets out to avenge her death. With Ashton Sanders and Orson Bean. (2018, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.20** **The Father** Drama starring Anthony Hopkins and Olivia Colman. An old man gradually succumbs to dementia as his daughter contemplates starting a new life in Paris. (2020, 12, 97min) ★★★★★
1.15 **to 3.30** AM **The Rhythm Section** Action thriller starring Blake Lively and Jude Law. (2019, 15, 109min) ★★★

+1hour 314 430 47 301 257

Sky Cinema Award Season

302 302 402 502 516

7.15 AM **The Perfect Storm** Fact-based action drama. (2000, 12, 129min) ★★★★
9.30 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★
11.30 **Get Out** Psychological thriller. (2017, 15, 104min) ★★★★★
1.30 PM **Nosferatu** Horror thriller. (2024, 15, 132min) ★★★★
3.45 **Molly's Game** Fact-based drama. (2017, 15, 137min) ★★★★

6.10 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
8.00 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper. A fading music star falls in love with a nightclub singer. (2018, 15, 136min) ★★★★★
10.20 **The Brutalist** Epic drama starring Adrien Brody. When a couple flee Europe in 1947, their new lives in the US are changed by a strange client. (2024, 18, 215min) ★★★★★

1.40 AM **The Firm** Legal thriller based on the John Grisham bestseller, starring Tom Cruise. (1993, 15, 155min) ★★★
4.20 **Sky Cinema Preview**
5.20 **to 7.20** AM **Collateral** Thriller starring Tom Cruise and Jamie Foxx. (2004, 15, 120min) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.40 AM **The Day of the Jackal**
9.05 **The Hunt for Red October**
11.25 **Three Days of the Condor** Thriller. (1975, 15, 118min) ★★★★
1.25 PM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
3.50 **Batman Forever** Adventure. (1995, 12, 121min) ★★★
5.55 **Batman & Robin** Adventure. (1997, PG, 125min) ★★

8.00 **The Mummy** Action adventure starring Brendan Fraser and Rachel Weisz. In 1920s Egypt, a dashing American, an English librarian and her wastrel brother unwittingly revive an evil high priest. (1999, 15, 124min) ★★★★
10.05 **Twister** Disaster drama starring Helen Hunt and Bill Paxton. An estranged married couple of meteorologists reunite to chase tornadoes across the American Midwest. With Jami Gertz. (1996, PG, 114min) ★★★

12.05 AM **Falling Down** Controversial drama. (1993, 18, 115min) ★★★★
2.05 **The Hunt for Red October** Cold War suspense thriller. (1990, PG, 135min) ★★★★
4.30 **Sky Cinema Preview**
5.30 **to 7.30** AM **Three Days of the Condor** As shown at 11.25am.

Sky Cinema Animation

305 305 405 500 514

6.50 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** Animation. (2015, U, 49min) ★★★
7.45 **Open Season 3** Animated sequel. (2010, U, 74min) ★★
9.05 **Flushed Away** Animation. (2006, U, 85min) ★★★★
10.40 **The Lego Movie** As 5.35pm.
12.25 PM **Mr Peabody & Sherman** Animation. (2014, U) ★★★★

2.00 **Spider-Man: Into the Spider-Verse** Animation. (2018, PG, 117min) ★★★★★
4.00 **Shrek the Third** Animated comedy adventure sequel. (2007, U, 88min) ★★★★
5.35 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
7.20 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
8.50 **DC Super Hero Girls: Legends of Atlantis** (2018, PG) ★★★
10.10 **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★

11.30 **Happy Feet** Animated comedy. (2006, U, 108min) ★★★★
1.30 AM **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
3.25 **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U, 78min) ★★★
4.50 **to 6.20** AM **Pets on a Train**

Movies 24

312 313 419

7.00 AM **Spring Breakthrough** Drama. (2023, PG, 90min) ★★
9.00 **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
11.00 **A Bridesmaid in Love** Comedy. (2022, PG, 87min) ★★
1.00 PM **My Dreams of You** Drama. (2024, PG, 90min) ★★
3.00 **Romantic Friction** Romantic comedy drama starring Julie Roy. (2023, PG, 90min) ★★

5.00 **Love & Jane** Romantic fantasy. (2024, PG, 84min) ★★
7.00 **The Marry Me Pact** Romantic comedy drama starring Meggan Kaiser and Tyler Harlow. (2023, PG, 88min) ★★
9.00 **Adventures in Love & Birding** Romantic drama starring Rachel Boston and Andrew Walker. A single mother agrees to be the partner of a bird enthusiast for a competition but tells everyone she's his new girlfriend. (2025, PG, 84min) ★★

11.00 **Mystery Island: House Rules** Drama. (2024, PG, 84min) ★★
1.00 AM **An Unexpected Valentine** Comedy. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **A Paris Proposal** Comedy. (2023, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Melody Club** Musical. (1949, b/w, U, 64min) ★★★
7.20 **Tons of Trouble** Comedy. (1955, b/w, U, 77min) ★★★
8.55 **Bond of Fear** Crime thriller. (1956, b/w, PG, 66min) ★
10.15 **King Rat** World War Two drama. (1965, b/w, PG, 134min) ★★★★
12.55 PM **Fate Takes a Hand** Drama. (1961, b/w, PG, 72min) ★★★
2.25 **The Brothers** 13/16. (S7)

3.30 **Dial 999** 6/39. (S1)
4.00 **A Tale of Two Cities** Adaptation of Dickens' classic tale, starring Dirk Bogarde and Dorothy Tutin. (1958, b/w, U, 117min) ★★★
6.20 **Look at Life**
6.30 **Those British Faces**
7.00 **Out of Town**
7.30 **Scotland Yard** 25/39. (S1)
8.05 **Buccaneer** 3/13. (S1)
9.10 **Wuthering Heights** Adaptation of Emily Brontë's novel, starring Orla Brady and Robert Cavanah. (1998, 12, 113min) ★★★

11.30 **The Big Bluff** Thriller with John Bromfield and Martha Vickers. (1955, b/w, PG, 71min) ★★★
1.00 AM **Budgie** 12/13. (S1)
2.00 **The Place of the Dead** Drama.
4.05 **The High Terrace** Drama. (1956, b/w, 15, 69min) ★★★
5.25 **to 6.00** AM **One Step Beyond**

Wednesday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **The Hundred** The opening day of the women's auction at Piccadilly Lights in London, where teams fill their squads with some of cricket's leading limited overs players.
12.00 NOON **Lunchtime Live** A look at the sports headlines.
1.00 PM **The Players Championship** The latest news ahead of the event.
7.30 LIVE **EFL** **Coventry City v Preston North End.** Coverage of the Championship match at Coventry Building Society Arena. The sides shared the spoils in a 1-1 draw in December's reverse fixture despite Liam Lindsay's 39th-minute red card for Preston when the score was still 0-0. However, Coventry will expect to take three points this time around in front of their own fans. Kick-off **8.00pm**.
10.30 LIVE **WTA & ATP Tennis** Coverage of day eight of the Indian Wells Open, a hard-court tournament at Indian Wells Tennis Garden in California, featuring matches in the fourth round.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Transfer 360** Gareth Barry.
9.30 **Netbusters** Recent action.
10.00 **Sky Sports FC**
12.00 NOON **Premier League Years**
2.00 PM **PL Retro** Arsenal v Tottenham Hotspur from 2008.
4.00 **Transfer 360** Former Premier League star Gareth Barry.
4.30 **Netbusters** Action from the Premier League, with highlights using alternative angles, featuring every goal from every game.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Gillette Labs Soccer Special** The full story of the evening's football, with the latest updates and goal alerts from the games.
10.15 **Premier League Stories** An interview with manager Unai Emery.
10.45 **Premier League One on One** Newcastle United's Dan Burn.
11.00 **Premier League Years** Clips from the 2019/20 season.
1.00 AM **PL Retro** A replay of Arsenal v Tottenham Hotspur from 2008.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro** From 2017.
8.00 **There's Only One Sauzee**
8.30 **Dundee United: Champions 83**
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Goals: EFL Cup 2022/23**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Highlights**
1.00 PM **Best Moments from the Championship Play-Off Final**
1.30 **EFL Cup Highlights**
2.00 **Bundesliga Highlights Show**
3.00 **EFL Highlights**
5.00 **EFL Cup Highlights**
5.30 **EFL Highlights**
6.00 **SPFL Highlights**
6.30 **EFL Highlights**
7.00 **EFL Cup Highlights**
7.30 LIVE **EFL** **Coventry City v Preston North End.** The Championship match staged at Coventry Building Society Arena. Kick-off **8.00pm**.
10.30 **EFL Cup Highlights**
11.00 **SPFL Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2016 final.
5.00 **to 6.00** AM **1983: When Aberdeen Ruled Europe**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** Highlights of Mumbai Indians v Sunrisers Hyderabad. **7.00** Royal Challengers Bengaluru v Punjab Kings.
8.00 **The Hundred Bitesize**
8.30 **Men's T20 World Cup**
9.30 **The Hundred Bitesize**
10.00 **The Hundred** Day one of the women's auction from Piccadilly Lights in London, where teams fill their squads with some of cricket's leading limited overs players.
12.00 NOON **The Hundred Bitesize**
12.30 PM **Men's T20 World Cup** South Africa v Afghanistan.
1.00 **The Hundred Bitesize**
1.30 **The Hundred** Day one of the men's auction from Piccadilly Lights in London, where teams fill their squads with some of cricket's leading limited overs players.
6.00 **Test Cricket** Highlights from days one to five of the first Test in the five-match series between England and India staged at Headingley Cricket Stadium.
11.00 **IPL** Action from Rajasthan Royals v Lucknow Super Giants in Jaipur. **12.00** M'T Punjab Kings v Royal Challengers Bengaluru.
1.00 **to 6.00** AM **Test Cricket**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Ladies European Tour Golf**
7.00 **DP World Tour Golf**
7.30 **LPGA Tour Golf** Blue Bay LPGA.
9.30 **The Players: The Golden Era**
10.30 **The Players Championship Official Film** The 2019 staging.
11.30 **McGinley & Chamblee at the Players** Preview of the action.
1.00 PM **The Players Championship** The latest news ahead of the event.
9.00 **The Players Championship Official Film** Archive action.
11.00 **The Players: The Golden Era** A preview of the tournament.
12.00 M'T **Golf Academy** Golf tips.
12.30 AM LIVE **Ladies European Tour Golf** Coverage of the opening day of the Women's Australian Open at Kooyonga Golf Club in Adelaide. The event was last held in 2024, when South Korea's Jiyai Shin won the title for the second time in her career.
5.30 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
11.00 **ATP Tennis** Recent action.
1.00 PM **WTA Tennis** Doha Open.
1.30 **WTA & ATP Tennis** The seventh day of the Indian Wells Open.
5.30 LIVE **WTA & ATP Tennis** Coverage of day eight of the Indian Wells Open, a hard-court tournament at Indian Wells Tennis Garden, featuring matches in the fourth round. Great Britain's Jack Draper claimed a third consecutive straight-set victory at this stage 12 months ago by beating American Taylor Fritz 7-6 6-4, securing his place in the quarter-finals.
3.00 **ATP Tour This Week**
3.30 **WTA & ATP Tennis** Highlights.
4.30 **ATP/WTA Tour Classic Matches**
5.30 **to 6.00** AM **ATP Tour This Week**

TNT Sports 1

410 413 521 408 430

6.00 AM **Winter Paralympic Games**
7.00 **UEFA Europa League & Conference League Magazine**
8.00 **UEFA Champions League**
9.30 **UEFA Champions League – Stories of the Finals**
9.45 **The Gruppetto** Cycling news.
10.00 **Men's Cycling** Paris-Nice.
12.00 NOON LIVE **Cycling** Coverage of the men's third stage of the Tirreno Adriatico, a route from Cortona to Magliano de' Marsi.
2.45 PM LIVE **Cycling** Coverage from the men's fourth stage of the Paris-Nice, a route of 195km from Bourges to Uchon.
4.15 **The Gruppetto** Cycling news.
4.30 **The WRC Magazine**
5.00 **LIV Golf** From Hong Kong.
6.00 **TNT Sports Reload**
6.30 **Serie A – Full Impact**
7.00 LIVE **UEFA Champions League** Coverage of a round-of-16 first-leg match.
10.30 **Fight Week** UFC 326 review.
11.00 **Premier League Stories**
11.30 **Winter Paralympic Games**
12.30 **to 6.30** AM LIVE **LIV Golf** Coverage of the first day of the fourth round of the season at Sentosa Golf Club in Singapore.

TNT Sports 2

411 414 522 409 431

6.00 AM **UEFA Champions League**
6.30 **Premier League: Big Interview**
7.00 **The Breakdown**
7.30 **LIV Golf** From Hong Kong.
8.30 **The WRC Magazine**
9.00 **Sign Up – Into Football**
9.45 **Isuzu UTE A-League Highlights**
10.15 **Premier League Legends**
11.15 **Isuzu UTE A-League Highlights**
11.45 **UEFA Champions League**
1.15 PM **LIV Golf** From Hong Kong.
2.15 LIVE **Cycling** Coverage from the men's fourth stage of the Paris-Nice, a route of 195km from Bourges to Uchon.
4.15 **UEFA Champions League**
5.00 LIVE **UEFA Champions League** Coverage of a round-of-16 first-leg match.
7.45 LIVE **UEFA Champions League** Coverage of a round-of-16 first-leg clash.
10.00 **Serie A – Full Impact**
10.30 **Crouchy and Cole**
11.00 **LIV Golf** From Hong Kong.
12.00 M'T **UEFA Europa League & Conference League Magazine**
1.00 AM **UEFA Champions League**
3.00 **Women's One-Day International Cricket**
4.00 **to 6.00** AM **Men's Cycling**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** St Helens v Leigh Leopards from 2025. **9.00** A replay of Leigh Leopards v Wigan Warriors from 2025.
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
4.15 **Women's Super League** St Helens v York Valkyrie in 2024.
4.30 **Super League Highlights**
5.00 **NFL Highlights** Washington Commanders v Seattle Seahawks.
6.00 **NBC's Pro-Football Talk**
8.00 **NBA on Fire** The latest news.
8.30 **NBA Basketball** Philadelphia 76ers v Boston Celtics.
10.30 **NFL Bitesize Highlights**
11.00 **NFL Highlights** Carolina Panthers v Los Angeles Rams from Bank of America Stadium.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League Highlights**
1.15 **Women's Super League**
1.30 **Super League Highlights**
2.00 **Super League** A replay of St Helens v Catalans Dragons.
4.45 **NFL Bitesize Highlights**
5.15 **Super Bowl LX** Seattle Seahawks v New England Patriots.
5.30 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
5.00 **The Premier League Show**
7.00 **Gillette Labs Soccer Special**
7.35 LIVE **EFL** Coverage of a Championship match.
9.45 LIVE **WTA & ATP Tennis** Coverage of day eight of the Indian Wells Open, a hard-court tournament held at Indian Wells Tennis Garden, featuring matches in the fourth round. Great Britain's Jack Draper claimed a third consecutive straight-set victory at this stage 12 months ago by beating American Taylor Fritz 7-6 6-4, securing his place in the quarter-finals. Other players to reach the last eight included Carlos Alcaraz, Daniil Medvedev, and unseeded Dutch player Tallon Griekspoor, who followed victories over top seed Alexander Zverev and 29th seed Giovanni Mpetshi Perricard with a 7-6 6-1 win over Japanese qualifier Yosuke Watanuki.
3.00 **EFL Greatest Games**
3.15 **to 6.00** AM **Super League**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Super League** Another chance to see Wakefield Trinity v Hull FC.
9.45 **My Icon** John Amaechi.
10.00 **TGL** Jupiter Links v Boston Common from SoFi Center. **12.00** NOON Los Angeles v New York at SoFi Center in Florida.
2.00 PM **PL Greatest Games**
3.00 **Men's T20 World Cup**
4.00 **WTA Tennis** Mérida Open final.
5.00 **PGA Tour Golf** Recent action.
7.00 **Super League** A replay of Leigh Leopards v Catalans Dragons.
9.45 **My Icon** Duke McKenzie.
10.00 **Formula 1** Highlights of the Australian Grand Prix staged at Albert Park Circuit in Melbourne.
11.00 **Men's T20 World Cup**
12.00 M'T **PL Greatest Games**
1.00 AM **TGL** Highlights.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **Men's T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.30 AM **TNT Sports Cricket Reload**
7.00 **The Emirates FA Cup**
3.00 PM **Serie A** Football from Italy.
5.00 **Women's One-Day International Cricket** Action from New Zealand v Zimbabwe.
6.00 **Women's Test Match Cricket** A review of Australia v India in the one-off Test match.
7.00 **TNT Sports Cricket Reload**
7.15 **The Breakdown** The dynamics of a football dressing room.
7.45 LIVE **UEFA Champions League** Coverage of a round-of-16 first-leg match.
10.00 **Men's Cycling** Action from stage three of the Tirreno Adriatico. **11.00** Paris-Nice fourth stage.
12.00 M'T **TNT Sports Reload**
12.30 AM **Fight Week** UFC 326 review.
1.00 **UFC** Another chance to see Max Holloway v Charles Oliveira.
4.00 **UFC Fight Flashback**
5.30 **to 6.00** AM **The WRC Magazine**

TNT Sports 4

414 416 524 411 434

6.00 AM **Welsh Open Snooker**
8.00 **Alpine Skiing** In Fassa Valley.
9.00 **Alpine Skiing** From Slovenia.
11.00 **AFL** Another chance to see Sydney Swans v Carlton Blues. **12.30** PM A chance to see Gold Coast Suns v Geelong Cats.
2.00 **AFL** Another chance to see GWS Giants v Hawthorn Hawks. **3.30** Action from Brisbane Lions v Western Bulldogs. **5.00** A chance to see St Kilda Saints v Collingwood Magpies.
6.30 **Ultimate Pool** Action from Group B of the last eight of the Women's Champions League.
8.00 **Discovery Golf** The latest news.
8.30 **Roll the Tape** Ronnie O'Sullivan revisits his defining moments.
9.30 **TNT Sports Cricket Reload**
9.45 **TNT Sports Reload**
10.00 **The WRC Magazine**
10.30 **AFL** Another chance to see Sydney Swans v Carlton Blues.
12.00 M'T **to 6.00** AM **AFL**

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
6.30 **Eredivisie Highlights**
7.30 **NASCAR Highlights**
8.30 **Scottish Football Social Club**
9.30 **LaLiga Match Highlights**
10.00 **NHL Ice Hockey**
12.00 NOON **Argentine Primera**
2.00 PM **NHL on the Fly**
3.00 **Eredivisie Highlights**
4.00 **LaLiga** Another chance to see Atlético Madrid v Real Sociedad.
6.00 **Scottish Football Social Club**
7.00 **LaLiga Match Highlights**
7.30 **NASCAR Highlights**
8.30 **KOTV Boxing Weekly**
9.00 **Women's Football Weekly**
9.30 **NHL Ice Hockey**
11.30 LIVE **NHL Ice Hockey** **Philadelphia Flyers v Washington Capitals.** The Eastern Conference match staged at Xfinity Mobile Arena. Face-off **11.30pm**.
2.30 AM **NHL: This is Hockey**
3.00 **Sporting Greats**
4.00 **to 6.00** AM **Argentine Primera**

Premier Sports 2

420 552

6.00 AM **Argentine Primera**
8.00 **NHL Ice Hockey**
10.00 **Temples of Sport**
10.30 **Brasileiro Serie A**
12.30 PM **Football's Greatest**
1.30 **Eredivisie** PSV v AZ Alkmaar.
3.30 **Football's Greatest**
4.30 **Eredivisie** Another chance to see NAC Breda v Feyenoord.
6.30 **Argentine Primera**
8.25 LIVE **Argentine Primera Division** **Argentinos v Rosario Central.** Coverage of the match from Estadio Diego Armando Maradona. Kick-off **8.30pm**.
10.30 **Football's Greatest**
11.30 LIVE **NHL Ice Hockey** **Ottawa Senators v Montreal Canadiens.** The Eastern Conference match from Canadian Tire Centre. Face-off **11.30pm**.
2.30 AM **Temples of Sport**
3.30 **Argentine Primera**
5.30 **to 6.00** AM **Motorsport**

Sky Sports F1

407 407 507 424 444

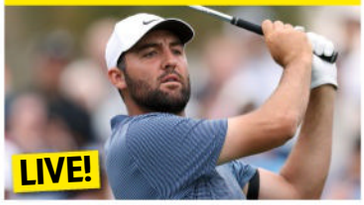
6.00 AM **Formula 1** Highlights of the Chinese Grand Prix in Shanghai.
10.00 **Indycar** The Good Ranchers.
11.00 **Formula 1** Australian Grand Prix.
12.00 NOON **Formula 3** The Australian Grand Prix sprint and feature races.
2.15 PM **Formula 2** The Australian Grand Prix sprint and feature races.
5.00 **Formula 1** Australian Grand Prix at Albert Park Circuit, Melbourne.
7.15 **Ted's Notebook**
7.45 **Brad Pitt x McLaren**
8.00 **Formula 1** The Chinese Grand Prix races from 2014 to 2018.
1.00 AM **Formula 1** Highlights.
5.00 **F1 Drivers Press Conference**
5.45 **to 6.00** AM **Brad Pitt x McLaren**

Thursday

12 March

Evening Planner

Golf



The Players Championship
Sky Sports Main Event & Sky Sports Golf, coverage from 11.30am
World number one Scottie Scheffler is looking for his third victory at Sawgrass.

Documentary

Dunblane: How Britain Banned Handguns
BBC2, 9pm
A look at how the school shooting led to a life-saving change in gun legislature.

OnDemand

NETFLIX

Virgin River
Available today
Newlyweds Mel and Jack begin the emotional journey to becoming parents, as the feelgood smalltown drama returns.

OnDemand

YouTube

The Importance of Being Earnest
@NationalTheatre
Ncuti Gatwa and Sharon D Clarke (*Ellis*) star in Oscar Wilde's comedy.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Dragons' Den		9.00 The Apprentice		10.00 News; Local News	
	102 BBC2	7.00 Great British Menu		8.00 This Farming Life		9.00 Dunblane: How Britain Banned...		10.00 Apprentice...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Tonight †	8.00 Emmerdale	8.30 Coronation...	9.00 A Deadly Betrayal: True Crime Presents		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 George Clarke's Building Home		9.00 A Woman of Substance		10.00 24 Hours in A&E	
	105 5	7.00 Celebrity Puzzling		8.00 Alexander Armstrong in India		9.00 The Hotel Inspector		10.00 The Body in the Thames	
	106 SKY ONE	7.00 The Simpsons		8.00 An Idiot Abroad		9.00 Never Mind the Buzzcocks		10.00 Mr Bigstuff	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Top Gear		9.00 Louis Theroux's Forbidden America		10.00 Film: Road House	
	116 BBC4	7.00 Villages by the...	7.30 Canal Walks...	8.00 The Normans		9.00 Film: Platoon			
	118 ITV2	7.00 Celebrity Wheel of Fortune		8.00 Ant & Dec's Limitless Win		9.00 The 1% Club		10.00 Family Guy	
	136 MORE4	◂ 6.50 The Dog House Australia		7.55 Grand Designs		9.00 The Antiques Riviera		10.00 999: On the Front Line	
	135 E4	7.00 The Simpsons	7.30 Married at First Sight Australia			9.05 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 FBI		10.00 Burn Notice	
	108 SKY ATLANTIC	7.00 True Detective		8.00 Game of Thrones		9.00 The Bear			10.20 The Pacific
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Bottom			10.15 Men Behaving Badly
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.50 Heartbeat		8.00 Vera				10.00 Endeavour	
	120 ITV4	7.05 American Pickers			8.30 Ice Road Truckers		9.30 Film: The Taking of Pelham 123		
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: R.I.P.D			
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld			
	143 U&DRAMA	◂ 6.40 Last of the Summer Wine		8.00 Queens of Mystery		9.00 Blue Lights			10.20 New Tricks
	109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise		9.00 Shakespeare & Hathaway		10.00 Father Brown	
	122 SKY ARTS	7.00 Best of Landscape Artist of the Year		8.00 Discovering: Michael Douglas		9.00 Classic Movies: The Story of Brighton...		10.00 Film: The Manchurian Candidate	
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Honest Renovations		9.00 Katie Piper: Locked Up in Louisiana		10.00 Louis Theroux: Miami Mega Jail	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Ed Stafford's Rite of Passage		10.00 In the Eye of the Storm	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Blood Ivory		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Northwoods Survival	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Viking Dead		9.00 History's Deadliest With Ving Rhames		10.00 The UnBelievable with Dan Aykroyd	
	155 U&YESTERDAY	7.00 The Americas with Simon Reeve		8.00 Bangers & Cash		9.00 Hunting Outback Gold		10.00 Bangers & Cash	
	114 SKY DOCS	◂ 6.55 The Comedy Store		8.00 Elizabeth Taylor: The Lost Tapes				10.00 OJ: Made in America	
FILMS - Sky Cinema	301 PREMIERE	◂ 6.00 I Know What You Did Last Summer		8.00 Icefall			9.45 Jurassic World: Rebirth		
	302 AWARD SEASON	◂ 5.45 Batman		8.00 Mission: Impossible – The Final Reckoning					
	303 ACTION HEROES	◂ 5.55 Constantine		8.00 Justice League				10.00 Demolition Man	
	304 GREATS	◂ 6.25 Big Daddy		8.00 The Wedding Singer			9.40 American Pie		
	305 ANIMATION	◂ 5.50 The Ant Bully	7.30 DC League of Super-Pets				9.25 Batman Unlimited: Animal Instincts		
	306 FAMILY	◂ 6.00 How to Train Your Dragon		8.10 The Golden Compass				10.05 The SpongeBob Movie: Sponge...	
	307 ACTION	◂ 5.50 Twisters		8.00 Jurassic Park				10.15 Batman Returns	
	308 COMEDY	◂ 6.30 The Naked Gun 33⅓: The Final Insult		8.00 School of Rock			9.55 Two Weeks Notice		
	309 THRILLER	◂ 5.50 The Fugitive		8.00 Eye in the Sky			9.50 The Perfect Storm		
	310 DRAMA	◂ 5.45 It Ends with Us		8.00 Little Women				10.00 The Brutalist	
	311 SCI-FI	◂ 6.05 Edge of Tomorrow		8.00 The Shining					10.30 Smile 2
	313 FILM4	◂ 6.40 Steel Magnolias				9.00 Honest Thief			
SPORT	401 MAIN EVENT	7.00 Premier League Darts – Live: Coverage of round six from Nottingham							
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Football, Cancer and Me		9.00 Big Interview	9.30 PL Stories	10.00 Transfer 360	
	403 FOOTBALL	7.00 EFL Goals		8.00 EFL Highlights				10.00 Bundesliga...	10.30 EFL Goals
	405 CRICKET	7.00 Test Cricket							
	410 TNT SPORTS 1	7.00 UEFA Europa League – Live: Coverage from a round-of-16 first-leg tie							10.30 Training Day
	411 TNT SPORTS 2	◂ 5.00 UEFA Europa League – Live: Coverage of two matches from a round-of-16 first-leg tie						10.00 Serie A – Full...	10.30 LIV Golf

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Thursday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Bear Grylls: Wild Reckoning** New edition Quarrelling sisters Ayan and Hani are forced to work together in the wilderness. (S)(AD)
2.30 **Amanda & Alan's Spanish Job** (R)
3.00 **Escape to the Country** (S)(R)
3.45 **The Repair Shop on the Road** New edition Fixing up a 19th-century grandfather clock. (S)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Dragons' Den

7 PM

7.00 **The One Show** Roman Kemp and Clara Amfo present the topical show. (S)
7.30 **EastEnders** Mark comes to Lauren's aid, Oscar plays Ian and Elaine at their own game, while Vicki asks Phil for help. (S)(AD)

8 PM

8.00 **Dragons' Den** New edition 7/14. Beauty mogul Jenna Meek joins the Dragons to hear pitches for an oat-based snack range, a DIY gadget, a hide-and-seek adventure with a tech twist and sun-shielding lip care. (S)(AD)

9 PM

9.00 **The Apprentice** New edition 7/12. Lord Sugar challenges the remaining candidates to make a demo for their own virtual reality fitness brand. (S)(AD)
■ *The Apprentice: Unfinished Business* follows on BBC2

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Question Time** Fiona Bruce presents the topical debate, with a panel of politicians and other guests facing questions from the studio audience. (S)
11.40 **Newscast** A panel of journalists host a weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip about the biggest stories in politics. (S)
12.10 AM **Would I Lie to You?** Comedy panel show, with guests Nabil Abdulrashid, Alex James, Nella Rose and Lou Sanders. (S)(R)
12.40 **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.00 AM **Bear Grylls: Wild Reckoning**
6.30 **The Repair Shop on the Road** (R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Game show. (S)(R)
1.45 **Unbeatable** Quiz show. (S)(R)
2.30 **The Boss** Game show. (S)(R)
3.15 **Weatherman Walking** New edition A circular walk around Carreg Cennen Castle. (S)
3.30 **Scotland from the Sky** (S)(R)
4.30 **Vintage Antiques Roadshow** (R)
5.15 **Flog It!** From Allerton Castle. (S)(R)
6.00 **Richard Osman's House of Games** New edition With guests Chris McCausland, Claire Richards, Adele Roberts and Olly Smith. (S)
6.30 **Do You Know Your Place?** New edition In Kirkby Lonsdale. (S)

8.00 This Farming Life

7.00 **Great British Menu** New edition It is judging day, and only one chef can go through to represent central England. Film producer and BAFTA-winner Alison Owen helps decide the winner from the two remaining chefs. (S)(AD)

8.00 **This Farming Life** New edition 3/12. Zara worries that Callum's quad bike accident has had a lasting effect, while Rob and Emma need the vet's help when a ewe gets into trouble birthing triplets. (S)
■ Entire series on BBC iPlayer

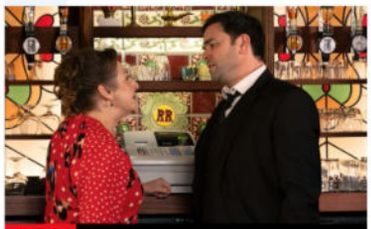
9.00 **NEW Dunblane: How Britain Banned Handguns** The campaign to ban private handgun ownership in the wake of the 1996 Dunblane massacre, when 16 children and a teacher were killed at a primary school. *See feature, page 20.* (S)(AD)

10.00 **The Apprentice: Unfinished Business** New edition 7/12. Angela Scanlon and guests examine the candidates' performances and analyse the latest task. (S)(AD)
10.30 **Newsnight** (S)
11.00 **AI Confidential with Hannah Fry** 3/3. The mathematician explores the link between an AI algorithm and a murder suspect. (S)(R)(AD)
12.00 M'T **Jack the Ripper: The Case Reopened** Emilia Fox re-examines the infamous murders. (S)(R)(AD)
1.00 AM **Sign Zone: Great British Menu** The central England chefs serve their mains and desserts. (S)(R)
2.00 **Sign Zone: Death in Paradise** (R)
3.00 **Sign Zone: The Walsh Sisters** (R)
3.55 **to 6.45** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
12.15 PM **ITV News** (S)
12.35 **Local News** (S)
12.45 **LIVE Racing: Cheltenham Festival** Ed Chamberlin presents coverage of day three of the prestigious festival, where the feature races are the 3.20 Paddy Power Stayers' Hurdle and the 4.00 Ryanair Chase, and races also take place at 1.20, 2.00, 2.40 and 4.40. Analysis from AP McCoy, Mick Fitzgerald, Ruby Walsh and Megan Nicholls, and commentary by Richard Hoiles. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)



8.30 Coronation Street

7.30 **Tonight: Spring Clean – Keep, Chuck or Cash In?** New edition Nearly half of the UK is living with stress-inducing clutter, so the team investigate why so many people find it difficult to have a clear out. (S)

8.00 **Emmerdale** Graham gives Rhona one last chance, while Arthur rejects Jai's offer of a job. (S)(AD)
8.30 **Coronation Street** Jim's old army mates join Steve at his funeral, while Theo finds a new target. (S)(AD)

9.00 **A Deadly Betrayal: True Crime Presents** New edition A woman believes she has found her ideal man until signs of abuse emerge, with her family discovering bruises and a dark reality that led to a tragedy. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Regional Programmes** See Local Variations. (S)
11.15 **Who Wants to Be a Millionaire?** Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives. (S)(R)
12.15 AM **Teleshopping**
3.00 **Jimmy & Shivi's Farmhouse Breakfast** Jimmy Doherty and Shivi Ramoutar are joined by baker and writer Juliet Sear. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.00 **to 6.00** AM **The Floor** (S)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **Cheers** (S10&11) (S)(R)
7.50 **LIVE Winter Paralympics** The opening events on day six. (S)(AD)
10.30 **LIVE Winter Paralympics** Further coverage of day six of the Games in Italy, as the alpine skiing giant slalom finals continue. (S)(AD)
12.00 NOON **LIVE Winter Paralympics** Continued coverage of day six of the Games in Italy. (S)(AD)
1.35 PM **News** (S)
1.40 **Find It, Fix It, Flog It** (S)(R)(AD)
2.40 **A Place in the Sun** (S)(R)
3.40 **Countdown** New edition (S)
4.30 **A New Life in the Sun** (S)(R)
5.30 **Four in a Bed** New edition (S)
6.00 **Come Dine with Me** New edition Cabaret practitioner Vanessa hosts the fourth night in Manchester. (S)
6.30 **Winter Paralympics Highlights** Action from day six. (S)(SL)

9.00 A Woman of Substance

7.00 **News** (S)
7.55 **The Political Slot** Natalie Fleet, MP for Bolsover, sets out the government's vision for tackling the cost of living crisis. (S)

8.00 **George Clarke's Building Home** George meets married couple Chris and Ellie, who bought a run-down bungalow from Chris's grandparents in Lancashire's Ribble Valley, only to knock it down and start again. (S)(R)(AD)

9.00 **A Woman of Substance** New episode 2/8. As housemaid Emma and young master Edwin fall deeper in love, she struggles to see how they can overcome their class differences. (S1) (S)(AD)
■ Entire series on C4 streaming

10.00 **24 Hours in A&E** A 53-year-old motorbike racer is rushed in after crashing at a track event, and a 74-year-old has potentially life-threatening injuries after being crushed under a caravan. (S)(R)(AD)
11.05 **24 Hours in A&E** Roofer Simon is in a critical condition after falling from a two-storey building onto concrete. (S)(R)(AD)
12.10 AM **Millionaire Hoarders** (S)(SL)(R)
1.05 **Ramsay's Kitchen Nightmares USA** From Boston. (S)(SL)(R)
1.55 **Molly vs the Machines** (S)(R)(AD)
3.30 **Find It, Fix It, Flog It** (S)(R)
3.50 **Couples Come Dine with Me** (R)
4.45 **The Great Pottery Throw Down**
5.50 **to 6.30** AM **Countdown** (S)(R)

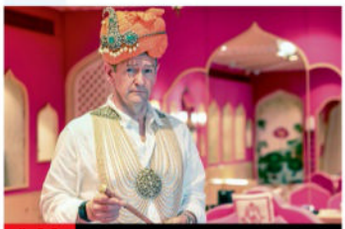
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Good Ship Murder** 2/8. The ship docks in Cannes, where a rising star is killed at a film premiere. (S3) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Line dancing teacher Nigel throws a spa party with avocado treatments. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition With the marine conservation manager at Ulster Wildlife. (S)
6.05 **Susan Calman's Grand Day Out** The Irish coast. (S)(R)
6.55 **News** (S)


8.00 Alexander Armstrong in India

7.00 **Celebrity Puzzling** New edition Jeremy Vine hosts, with team captains Carol Vorderman and Sally Lindsay joined by guests Rav Wilding and Shazia Mirza. (S)
7.55 **News** (S)

8.00 **Alexander Armstrong in India** New edition 2/3. On the second leg, Alexander heads to the state of Rajasthan to visit the 'Pink City' of Jaipur, and also travels south to the state of Karnataka. (S)(AD)

9.00 **The Hotel Inspector** New edition Alex Polizzi heads to the Suffolk village of Monks Eleigh to come to the aid of Steven and Julie whose dream of running a village pub is turning into a nightmare. (S)(AD)

10.00 NEW **The Body in the Thames** The story of an unknown boy whose remains were discovered in the River Thames in 2001, launching an investigation that took officers around the world. (S)

11.05 **Killer on the Run** New edition The case of Victorino Chua. (S)
12.05 AM **Sarah Payne: 5 Mistakes That Caught a Killer** (S)(R)
12.55 **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.30 **Friends** 2/24. (S4) (S)(R)(AD)
2.55 **The Yorkshire Vet** (S)(R)
4.40 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S1) (S)(R)
9.00 **NCIS: Los Angeles** (S13) (S)(R)
10.00 **Will & Grace** (S2) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **David Attenborough's Galapagos** 3/3. The broadcaster reveals the differences between the 19 islands. (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
2.00 **NCIS: Los Angeles** (S13) (S)(R)
3.00 **S.W.A.T.** 13/22. (S1) (S)(R)(AD)
4.00 **Police 24/7** (S)(R)
5.00 **The Simpsons** (S)(R)
6.00 **The Office (US)** 2/28. Part two of two. Andy plans his wedding to Angela, while she continues her affair with Dwight. (S)(R) **6.30** 3/28. Holly holds a seminar on ethics. (S5) (S)(R)

10.00 Mr Bigstuff

7.00 **The Simpsons** *The Cad and the Hat:* Bart's guilt gets the better of him after he betrays Lisa. (S)(R) **7.30** *Kamp Krustier:* A traumatic incident forces Bart and Lisa to return early from Kamp Krustier. (S)(R)

8.00 **An Idiot Abroad** 2/8. Karl Pilkington arrives in India, where he attends a spring festival in which people throw coloured dye at one another, and pays a visit to the Taj Mahal. (S)(R)

9.00 **Never Mind the Buzzcocks** Greg Davies hosts a special 1980s-themed edition, with Martin Fry, Debbie Gibson and Judi Love joining guest captains Pepsi & Shirlie and regulars Noel Fielding and Jamali Maddix. (S)(R)(AD)

10.00 **Mr Bigstuff** 3/6. Glen steps up as acting manager of World of Carpets, but the power soon goes to his head. (S)(R)(AD) **10.30** 4/6. Lee reveals more about the dodgy people that are after him. (S1) (S)(R)(AD)

11.00 **The Dyers' Caravan Park** 4/6. Danny and Dani face pushback from the locals after they try to freshen up the bar's beer. (R)
12.00 M'T **Grimm** 13/22. Three mysterious coins prove to have an unsettling effect on whoever possesses them. (S1) (S)(R)
1.00 AM **Police 24/7** (S)(R)
2.00 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** 13/24. (S1) (S)(R)
4.00 **S.W.A.T.** 13/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.30am Bear Grylls: Wild Reckoning **12.00noon-12.15pm** First Minister's Questions **2.00-2.30pm** Amanda & Alan's Spanish Job **7.00-7.30** River City **12.10am** Scotcast **12.40** Would I Lie to You? **1.10** Weather for the Week Ahead **1.15-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The View **11.20** Question Time **12.20am** Newscast **12.50** Would I Lie to You? **1.20-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
8.00pm Scrum V: The Warm Up **8.30-9.00pm** The Hairy Bikers' Bakeation

ITV1

As main ITV1 except:

ANGLIA
10.45-11.15pm Anglia Late Edition

BORDER/TYNE TEES
10.45-11.15pm Around the House

LONDON
10.45-11.15pm The Late Debate

CENTRAL
10.45-11.15pm Central Lobby

GRANADA
10.45-11.15pm The Granada Debate

MERIDIAN
10.45-11.15pm The Last Word

WALES
10.45-11.15pm Welsh Lives

WEST/WESTCOUNTRY
10.45-11.15pm The Westcountry Debate

YORKSHIRE
10.45-11.15pm Last Orders

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Richard Holt: Yr Academi Felys **12.30** Heno **1.00** Y Byd ar Bedwar **1.30** Y Deis **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Radio Fa'ma **4.00** Awr Fawr **5.00** Stwnsh **6.00** Stiwdio24/7 **6.30** Ciao! Colleen Ag Owain **6.57** Newyddion **7.00** Heno **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **8.25** Rownd a Rownd **8.55** Newyddion a'r Tywydd **9.00** Jonathan **10.00** Y Tolldy **10.15** Fy Ffrind ar Death Row **11.15pm-12.20am** Teulu, Dad a Fi

BBC3

115/117/121 118 107/113 23 107 107 10

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall swims with one of the world's deadliest snakes. **7.30** In the Philippines, Steve encounters an arachnid with legs four times longer than its body.
8.00 **Top Gear** Multi Olympic gold medal-winning sprinter Usain Bolt is the Star in a Reasonably Priced Car.
9.00 **Louis Theroux's Forbidden America** Louis immerses himself in Florida's multimillion-dollar rap scene.
10.00 FILM **Road House** Action drama starring Patrick Swayze. A martial arts expert is hired to clean up a rowdy small-town bar. With Kelly Lynch and Sam Elliott. (1989, 18, 110min) ★★★
11.55 **Tommy: The Good. The Bad. The Fury**
12.55 AM **Louis Theroux's Forbidden America**
1.55 **Top Gear** As 8.00pm.
2.55 **to 3.55** AM **Tommy: The Good. The Bad. The Fury**

BBC4

116 119 107/108 9/24 106 108 11

7.00 PM **Villages by the Sea** Ben Robinson explores Thorpeness in Suffolk.
7.30 **Canal Walks with Julia Bradbury** The presenter travels to Llangollen, Wales.
8.00 **The Normans** Examining the impact of the conquest of Britain and Ireland.
9.00 FILM **Platoon** Oliver Stone's Oscar-winning war drama starring Charlie Sheen, Tom Berenger and Willem Dafoe. A teenage college drop-out volunteers to serve as an ordinary foot soldier in Vietnam. (1986, 15, 120min) ★★★★
10.55 **Oliver Stone: Face to Face** Jeremy Isaacs chats to the movie director in 1990.
11.30 FILM **The Bridge at Remagen** World War Two action drama starring George Segal, Robert Vaughn and Ben Gazzara. (1968, PG, 116min) ★★★
1.25 AM **Villages by the Sea**
1.55 **Canal Walks with Julia Bradbury** As 7.30pm.
2.25 **to 3.25** AM **The Normans**

MORE4

136/137 127 147 18 124 15

8.55 AM **The Perfect Pitch**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Fuzz Townshend and Tim Shaw attempt restore an Ford Fiesta XR2 to show-winning condition. **5.50** Fuzz and Tim take on their first ever Honda.
6.50 **The Dog House Australia** Senior snaggletooth George looks for the perfect retirement home with Janice.
7.55 **Grand Designs** A couple plan to build a three-storey home on a tiny twin-garage plot with no surrounding land on a Victorian terraced road in Hackney in just 12 months.
9.00 **The Antiques Riviera** New edition 5/6. Foluke is downsizing her home, but parting with her 200 beloved antique boxes is proving a big problem. She needs a buyer bold enough to take the lot
10.00 **999: On the Front Line** Paramedics treat a man who's having a heart attack.
11.05 **999: On the Front Line** A man experiencing a diabetic hypoglycaemia.
12.10 AM **The Antiques Riviera**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen...**
8.00 **The Goldbergs**
9.00 **Modern Family**
10.00 **Married at First Sight Australia** Reality series.
11.40 **Ramsay's Kitchen Nightmares USA**
1.40 PM **The Simpsons**
2.40 **Modern Family**
3.15 **Married at First Sight Australia** Reality series.
5.00 **Celebrity Coach Trip**
6.00 **The Simpsons** Triple bill.
7.30 **Married at First Sight Australia** New edition Chris is forced to admit that Brook is ticking his boxes, while Gia weighs up taking an intimate step with Scott.
9.05 **Gogglebox** *Dr Down Below, Gordon Ramsay's Future Food Stars* and *Saving Our Wild Isles* are appraised.
10.10 **Gogglebox** Opinions on *Britain's Got Talent, Family Fortunes* and *Obsession.*
11.15 **First Dates** A pair of octogenarians bond over memories of lost loves.
12.20 AM **Naked Attraction**
1.25 **Married at First Sight Australia** As 7.30pm.
2.50 **Gogglebox**
3.45 **The Goldbergs**
5.00 **to 6.00** AM **Don't Tell the Bride: Revisited**

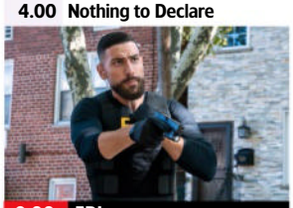
THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
9.00 **Border Security USA**
10.00 **Air Ambulance ER**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 13/13. (S6)
1.00 PM **The Rookie** 13/20. Nolan receives life-changing news. **2.00** 14/20. A surprising source prompts Officer Bradford to face his past. (S2)
3.00 **Law & Order: Criminal Intent** 20/23. A maths student is murdered. (S2)
4.00 **Nothing to Declare**


9.00 FBI

7 PM
7.00 **Police 24/7** Officers try to save the life of a man who has overdosed, while an intoxicated man gives the police a tough time.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **FBI** New episode *Parental:* 6/22. The agents investigate when a robbery at a community clinic turns deadly. (S8)

10 PM
10.00 **Burn Notice** *Pilot – Part One:* 1/14. A discredited spy is forced to work as a private investigator. Stars Jeffrey Donovan. (S1)
11.00 **FBI** 12&10/13. (S6)
1.00 AM **Law & Order: Criminal Intent** 8/8. (S10)
2.00 **FBI: International** 2/21. (S1)
3.00 **Law & Order: Criminal Intent**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.55 **The Sopranos** 11&12/13. (S1)
9.55 **True Detective** 6–8/8. (S2)
1.45 PM **True Detective** 1/8. A young brother and sister go missing in Arkansas. **2.45** 2/8. Hays looks back at the aftermath of the case. **3.45** 3/8. Hays is presented with a second chance. **4.45** 4/8. West and Hays think they have found a link with the local church. **5.55** 5/8. New clues emerge in the Purcell case. (S3)

10.20 The Pacific

7.00 **True Detective** *Hunters in the Dark:* 6/8. Wayne and Roland revisit discrepancies in the Purcell case. (S3)

8.00 **Game of Thrones** *Mockingbird:* 7/10. Tyrion enlists an unlikely ally, and Jon's warnings fall on deaf ears. (S4)

9.00 **NEW TO SKY The Bear** 1/8. A celebrated chef returns to Chicago to save his family's business. **9.40** 2/8. Carmy goes head to head with Richie. *Previously on Disney+.* (S1)
10.20 **The Pacific** *Okinawa:* 9/10. Sledge and his division are sent to assist the attack on a fortified position in Okinawa. (S1)
11.30 **The Pacific** 10/10. The Marines return home. (S1)
12.40 AM **The Wire** 9/13. (S1)
1.45 **True Blood** 8/12. (S1)
2.50 **Game of Thrones** (S4)
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Dress to Impress**
8.25 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly...**
12.15 PM **Ant & Dec's Limitless Win**
1.15 **Celebrity Wheel of Fortune**
2.15 **The Only Way Is Essex**
3.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

10.00 Family Guy

7.00 **Celebrity Wheel of Fortune** Graham Norton hosts the game show, with AJ Odudu, Gok Wan and Charlotte Church.

8.00 **Ant & Dec's Limitless Win** Postman David and his partner Aaron get their chance to face the Limitless Ladder.

9.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

10.00 **Family Guy** 16/20. Brian finds himself at an animal shelter. (S19) **10.35** 17/20. Peter ends up in a coma. (S18)
11.05 **Family Guy** 18/20. (S18)
11.35 **American Dad!** 13/22. Stan and Francine go back in time. **12.00** M'T 10/22. Stan's friend returns to collect a debt. (S16)
12.30 AM **Bob's Burgers** (S13)
1.30 **Deal or No Deal**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.20 PM **Midsomer Murders** *Murder on St Malley's Day:* A public schoolboy is killed.
3.25 **Classic Emmerdale**
4.35 **Classic Coronation Street**
5.45 **Heartbeat** *Cashing in:* A flood of forged banknotes leads the police to believe a fugitive gangster has arrived.

8.00 Vera

6.50 **Heartbeat** *A Whiter Shade of Pale:* A newcomer is found dead after announcing her intention to marry a businessman.

8.00 **Vera** *Cold River:* The detective investigates when a businesswoman's sister is found dead in the River Tyne, and suspects the victim was about to bring a secret to light.

10.00 **Endeavour** *Uniform:* A crime wave has taken hold of Oxford as a group of undergraduates wreaks havoc across town.
11.50 **A Touch of Frost** *True Confessions:* A woman's body is pulled from the river, reminding Frost that he investigated the death of her husband's first wife years ago.
1.55 AM **On the Buses**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **The Big Match Revisited**
8.25 **The Protectors**
9.00 **Racing: The Opening Show**
10.00 **River Monsters**
10.35 **The Sweeney**
11.40 **Dempsey and Makepeace**
1.45 PM **Magnum, PI**
2.50 **Kojak**
3.50 **Boon**
4.55 **The Sweeney** *Lady Luck:* Regan gets a tip-off.
5.55 **Minder** *Willesden Suite:* Arthur's prestige is boosted.

9.30 The Taking of Pelham 123

7.05 **American Pickers** The duo visit the Alabama Museum of Wonder.
7.30 **Aussie Pickers** Lucas Callaghan and Adam McDonald discover a collection of Australiana.
8.30 **Ice Road Truckers** Jack Jessee volunteers to transport goods to the northern oilfields via the Dalton Highway.
9.30 **FILM The Taking of Pelham 123** Action thriller remake starring Denzel Washington and John Travolta. Four gunmen hijack a crowded New York subway train. (2009, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.40 **Ligue 1 Highlights**
12.10 AM **Rabbit Hole** 1/8. Thriller with Kiefer Sutherland. (S1)
1.00 **Hell's Kitchen**
1.50 **Minder**
2.45 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Entertainment Mix** New edition The latest culture and arts news.
8.00 **Caroline Walker: Women's Work** A profile of the renowned artist.
9.00 **Greetings from Scotland** 2/2. Two events that transformed Scottish tourism in 1995.
10.00 **Situationships with Sophie and Christine** New edition Sophie Gravia and Christine McGuinness offer relationship advice.
10.30 **Martin Compston's Norwegian Fling** 1/6. The actor and Phil MacHugh explore the Scandinavian country.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Scot Squad** 2/5. Singh and McKirdy accidentally lose their police car. (S8)

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
9.00 **Ballers** 5&6/7. (S1)
10.15 **Sex and the City** (S6)
11.30 **Entourage** (S7)
12.30 PM **Will & Grace** (S7)
1.30 **Sex and the City** (S6)
2.45 **Ballers** 7&8/10. (S1)
3.55 **And Just Like That...**
4.45 **The Office (US)** (S4&5)
5.45 **Will & Grace** (S7)
6.45 **Community** (S2)
7.45 **Sex and the City** 3/20. Miranda sends out confusing signals to Steve. **8.20** 4/20. Jerry drops a bombshell. (S6)
9.00 **Chris Ramsey: Live from London** Stand-up.
10.00 **Last Week Tonight with John Oliver** Talk show.
10.45 **And Just Like That...** 5/11. Miranda and Che try to navigate conflicting schedules. (S2)
11.40 **Community** (S2)
12.40 AM **Entourage** (S7)
1.40 **Ballers** 3&4/10. (S1)
3.00 **Curb Your Enthusiasm**
4.20 **to 5.00** AM **Veep**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Bryn Terfel: Celtic Beethoven**
7.25 **Watercolour Challenge**
8.55 **Tales of the Unexpected**
9.55 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Rising Stars with Julian Lloyd Webber**
3.00 **Battle of the Bagpipes**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Best of Landscape Artist of the Year**
8.00 **Discovering**
9.00 **Classic Movies**
10.00 **FILM The Manchurian Candidate** Thriller. (1962, b/w, 12) ★★★★★
12.30 AM **The Directors**
1.30 **The Ghost of Richard Harris** Documentary.
3.50 **Michael Caine: The Becoming of a Hollywood Star**
5.05 **to 6.00** AM **Auction**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 19/20. (S1)
5.00 **Stargate SG-1** (S3)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 1/26. (S1)
8.00 **Primeval** 4/10. (S3)
9.00 **Band of Brothers** 5/10. Winters gets promoted. **10.10** 6/10. Easy Company experience a grim Christmas. (S1)
11.30 **Grimm** 8/13. (S6)
12.30 AM **Warrior** 3/10. (S2)
1.30 **The Force: Manchester**
2.30 **Brit Cops: War on Crime**
3.30 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Beat the Chasers**
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Eva tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.05 **Ant & Dec's Limitless Win** Husband-and-wife team Richard and Lorna get their chance to face the Limitless Ladder and win some major money.
10.05 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable**
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Location, Location, Location** From London.
10.00 **Our Welsh Chapel Dream** Documentary.
11.00 **Come Dine with Me**
11.30 **Four in a Bed**
12.00 NOON **A New Life in the Sun** From Corrèze.
1.00 PM **A Place in the Sun: Home or Away**
2.00 **A Place in the Sun: What Happened Next?**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **Location, Location, Location** In Aberdeen.
7.00 **Kirstie and Phil's Love It or List It** Helping a Northumberland couple.
8.00 **M&S v Aldi: Battle of the Brands**
9.00 **24 Hours in A&E**
10.00 **Night Coppers**
12.05 AM **Gogglebox**
2.10 **Super Surgeons: A Chance at Life**
3.10 **Millionaire Hoarders**
4.10 **to 4.40** AM **Travel Man: 48 Hours in Prague**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 18/26. (S6)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 19/26. (S6)
2.00 **Primeval** 3&4/6. (S5)
4.00 **Stargate SG-1** 11/22. (S3)
5.00 **Star Trek: Voyager** (S2)
6.00 **Star Trek: The Next Generation** 18/26. Captain Picard uncovers a plot to steal trilithium from the starship's engines. (S6)

5.00 Star Trek: Voyager

7.00 **Star Trek: Deep Space Nine** *In the Pale Moonlight:* 19/26. Sisko tries to trick the Romulans into declaring war. (S6)
8.00 **Stargate SG-1** *Past and Present:* 11/22. O'Neill and the team encounter an entire world suffering from amnesia. (S3)
9.00 **Westworld** *The Auguries:* 1/8. Seven years after the demise of Rehoboam, allies and enemies are set to be reunited.
10.00 **Westworld** *Well Enough Alone:* 2/8. Christina investigates Peter Myers, while Maeve and Caleb search for answers. (S4)
11.00 **Wynonna Earp** 12/12. (S4)
12.00 M'T **True Blood** 5/10. Sookie arranges for Lafayette to summon her dead parents. **1.00** AM Bill asks Lillith for advice on handling the human-vampire crisis. (S6)
2.00 AM **Primeval** 3&4/6. (S5)
4.00 **Wynonna Earp** 12/12. (S4)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S14)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 6/23. (S1)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **My Life Is Murder** (S1)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S14)
4.00 **The Mentalist** 6/23. (S1)
5.00 **Hudson & Rex** 3/8. Donovan tracks a marine smuggling operation. (S7)
6.00 **My Life Is Murder** 4/10. Alexa goes undercover when a culinary student is found dead in the school's kitchen. (S1)

8.00 Death in Paradise

7.00 **Father Brown** *The Fire in the Sky:* Kembleford comes under threat of an alien invasion.
8.00 **Death in Paradise** *Murder from Above:* 1/8. A billionaire's fiancée falls from a balcony the day before her wedding. (S7)
9.00 **Shakespeare & Hathaway: Private Investigators** 5/10. Frank and Lu are hired to find a saboteur. (S5)
10.00 **Father Brown** *The Horns of Cernunnos:* A young woman is plagued by otherworldly visions.
11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise**
1.00 AM **My Life Is Murder**
2.00 **Murdoch Mysteries** 6/11. In the shadow of the Virtue Ministry, two controversial courtships continue. (S14)
3.00 **to 4.00** AM **The Diplomat**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Highlights**
9.10 **Are You Being Served?**
9.50 **Last of the Summer Wine**
11.10 **Dad's Army**
11.50 **Porridge**
12.30 PM **Keeping Up Appearances**
1.10 **The Green Green Grass**
1.50 **Dad's Army**
2.30 **Hi-de-Hi!**
3.10 **Are You Being Served?**
3.50 **Porridge**
4.25 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

10.15 Men Behaving Badly

7.00 **Porridge** Godber gets into a fight a week before his parole board hearing.
7.40 **Dad's Army** The platoon guard a captured German U-boat crew.
8.20 **Are You Being Served?** The gang visit 10 Downing Street to campaign against a Japanese takeover.
9.00 **Bottom** The duo run into some bad luck at the fair. **9.35** Richie and Eddie's peace is disturbed by a would-be burglar.
10.15 **Men Behaving Badly** Tony is forced to hide in a water tank in the loft.
10.55 **Harry Enfield and Chums** Comedy sketches.
11.35 **Bottom** Double bill.
12.55 AM **Men Behaving Badly**
1.35 **Hi-de-Hi!** Jeffrey treats the campers to a music recital.
2.25 **Harry Enfield and Chums**
2.55 **Don't Wait Up**
3.25 **to 4.00** AM **The Green Green Grass**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers' Best of British** Mediterranean cuisine.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
11.00 **Rick Stein's Far Eastern Odyssey** From Cambodia.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **World's Most Dangerous Roads** From Slovenia.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Far Eastern Odyssey** From Cambodia.

9.00 QI XL

7.00 **Would I Lie to You?** With Chris McCausland, Laura Whitmore, Maisie Adam and Stephen Hendry.
7.40 **Richard Osman's House of Games** With Steve Backshall and Ranj Singh. **8.20** Guest panellists include Greg Rutherford and Melvin Odoom.
9.00 **QI XL** Sarah Millican, Tommy Tiernan and Josh Widdicombe join regular panellist Alan Davies and host Stephen Fry.
10.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts the quiz, with Stacey Dooley and Andy Hamilton.
11.00 **Will & Ralf Should Know Better** 6/6. The duo face their fears, including performing stand-up comedy in Glasgow.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Hate Thy Neighbour**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.40 **The Bill**
8.35 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
12.55 PM **Classic EastEnders**
2.10 **All Creatures Great and Small** James and Siegfried visit an animal hospital.
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Birds of a Feather**
6.00 **Last of the Summer Wine**

9.00 Blue Lights

7.20 **Last of the Summer Wine** Howard lands himself a bargain when he buys a used car.
8.00 **Queens of Mystery** *Death by Vinyl – Final Chapter:* 4/6. An incident from the past may be the key to solving the case. (S1)
9.00 **Blue Lights** *The Q Word:* 5/6. Mo McIntyre's plan to dig up a stash of paramilitary weaponry gets under way. (S1)
10.20 **New Tricks** *17 Years of Nothing:* A Home Office pathologist joins the team. Guest stars Jane Asher and Timothy West.
11.40 **Shakespeare & Hathaway: Private Investigators** 3/10. Frank and Lu come to the aid of allotment holders. (S3)
12.40 AM **The Inspector Lynley Mysteries** *Payment in Blood.*
2.30 **Birds of a Feather**
3.15 **to 4.00** AM **Copper**

+1 hour 243 316 60 260

Thursday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 2-4/24. (S7)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Double Identity:* 17/24. The team make a surprising discovery. **7.00** *Jurisdiction:* 18/24. A US Navy diver hunting for sunken treasure is apparently murdered. **8.00** *Guilty Pleasure:* 19/24. A call girl is suspected of murder. (S7)
9.00 **Blue Bloods** *The Price You Pay:* 5/19. Frank works to vindicate a detective who has been accused of using excessive force. **10.00** *Glass Houses:* 6/19. Danny hunts for a killer who shot his online prison pen-pal. (S10)
10.55 **Law & Order: Special Victims Unit** (S23&22)
2.35 AM **Law & Order: Criminal Intent** (S5)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Rogue Claimers**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** An obese patient who has fallen and is struggling to breathe.
10.00 **Ambulance: Code Red** A man sustains an injury after a forklift accident.
11.00 **Skin A&E** Documentary.
12.00 M'T **Call the Bailiffs: Time to Pay Up**
1.00 AM **Nightmare Tenants, Slum Landlords**
1.55 **GPs: Behind Closed Doors** Medical series.
2.45 **Skin A&E**
3.35 **to 4.00** AM **Eggheads**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Winter Road Rescue**
9.45 **Police Interceptors**
11.45 FILM **El Dorado** Howard Hawks Western starring John Wayne. (1966, PG, 126min) ★★★★
2.25 PM FILM **Seven Men from Now** Western starring Randolph Scott. (1956, U, 77min) ★★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** A suspect drives the wrong way down the A1.
9.00 **Trucking Hell: Mega Rollovers** Alpha Recovery are called out to a tanker on its side.
10.00 **Outback Truckers**
11.00 **The X-Files** 4/24. (S1)
12.00 M'T **Mud Mountain Haulers** Documentary.
1.00 AM **Outback Truckers**
2.00 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point** Triple bill.
10.00 **Find It, Fix It, Flog It**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **The Supervet: Noel Fitzpatrick** Double bill.
6.00 **DIY SOS: The Big Build**
8.00 **Honest Renovations** New edition Koey balances a full-time job and a side hustle while raising her children.
9.00 **Katie Piper: Locked Up in Louisiana** 5/5. Katie meets Whitley, who was convicted of killing her brother.
10.00 **Louis Theroux: Miami Mega Jail** Double bill.
12.00 M'T **Face to Face with Armageddon**
12.55 AM **Inside the Ambulance**
1.55 **to 3.00** AM **Louis Theroux: Talking to Anorexia**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Coastal Railway Journeys**
8.00 **Bangers & Cash**
10.00 **War Factories**
11.00 **Rise of the Nazis: Dictators at War**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **War Factories**
5.00 **Rise of the Nazis: Dictators at War**
6.00 **Antiques Roadshow**
7.00 **The Americas with Simon Reeve** The adventurer travels across Central America.
8.00 **Bangers & Cash** New edition Dave test-drives a Tesla Model X.
9.00 **Hunting Outback Gold** New edition A new team member brings a different perspective.
10.00 **Bangers & Cash**
2.00 **to 3.00** AM **American History's Biggest Fibs with Lucy Worsley**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Norfolk.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Derbyshire Auction House**
4.00 **Long Lost Family**
6.00 **Money for Nothing**
7.00 **Salvage Hunters**
8.00 **Antiques Road Trip**
9.00 **Ghosts off Grid** New edition Jordyn and Johnny head to an 18th-century mansion in New Orleans' Garden District.
10.00 **Help! My House Is Haunted** In Essex, a mysterious footprint appears in wet paint.
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

THURSDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 2-4/25. (S1)
1.00 PM **The Waltons** (S5)
3.00 **Ballykissangel** (S4)
4.10 **Born and Bred** (S2)
5.20 **Doctor Finlay** 3/8. (S4)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 14/24. Radar rescues a lamb destined for the spit at a feast. **8.00** 15/24. Frank proposes to Hot Lips. **8.30** 16/24. Henry caters for the pastoral needs of the 4077th. (S3)
9.00 FILM **M*A*S*H** Robert Altman's black comedy about the antics of a group of army surgeons in Korea, starring Donald Sutherland. (1970, 15, 116min) ★★★★
11.30 **The New Avengers** (S1)
12.30 AM **The Avengers** (S6)
1.30 **M*A*S*H** 14-16/24. (S3)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM FILM **Jetstream** Disaster thriller starring David Chokachi. (2012, 12, 88min) ★★
11.00 **The Baron** 23/30. (S1)
12.00 NOON FILM **Johnson County War** Western starring Tom Berenger and Burt Reynolds. (2002, 12, 115min) ★★
4.00 PM **Tombstone Territory** Double bill.
5.00 **The High Chaparral**
6.00 **The New Avengers**
7.00 **The Avengers** (S5)
8.00 **The Baron** 24/30. (S1)
9.00 FILM **The Thin Red Line** Epic war drama starring Sean Penn and Jim Caviezel. (1998, 15, 170min) ★★★★
12.30 AM FILM **The Eastern Front** Drama with Josh Harper and Neal Ward. (2020, 15, 110min) ★★
2.45 **The Baron** 24/30. (S1)
3.30 **The New Avengers**
4.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM FILM **An Aurora Teagarden Mystery: The Julius House** (2016) ★★
10.05 **In Plain Sight**
11.05 **Castle** 14/23. (S7)
12.05 PM FILM **Martha's Vineyard Mysteries: Riddled with Deceit** Drama. (2020, PG) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 15/23. (S7)
8.00 **Unforgettable** (S1)
9.00 **In Plain Sight** (S1)
10.00 FILM **Ruby Herring Mysteries: Her Last Breath** Crime thriller. (2019, PG, 84min) ★★
11.55 FILM **An Aurora Teagarden Mystery: An Inheritance To Die For** Drama. (2019, PG) ★★
1.50 AM FILM **Stolen in Her Sleep** (2021, PG) ★★
3.20 **to 5.00** AM FILM **My Mother's Murder** Thriller. (2018, PG, 90min) ★★

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM FILM **Love on Retreat** Romantic drama. (2023, PG, 85min) ★★
10.25 FILM **A Lifelong Love** Drama. (2023, U) ★★
12.20 PM FILM **Love on Safari** Drama. (2018, PG) ★★
2.20 FILM **Mix Up in the Mediterranean** Comedy. (2021, PG, 84min) ★★
4.15 FILM **The Perfect Pairing** Romantic drama. (2022, U, 82min) ★★
6.05 FILM **Raise a Glass to Love** Romantic drama. (2021, PG, 84min) ★★
8.00 FILM **One Perfect Match** Romantic comedy. (2023, PG, 87min) ★★
10.00 FILM **Sand Dollar Cove** Drama. (2021, PG) ★★
11.50 FILM **Christmas Comes Home** Festive drama. (2020, PG, 84min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Mix Up in the Mediterranean** Comedy. (2021, PG) ★★

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Marcus Wareing's Tales from a Kitchen Garden**
12.45 PM **Edwardian Farm**
2.00 **Country House Auction**
3.00 **My Greek Kitchen**
4.00 **Alan Cumming's Edge of Scotland**
5.00 **Edwardian Farm**
6.15 **Marcus Wareing's Tales from a Kitchen Garden**
7.00 **Garden Rescue**
8.00 **Country House Auction**
9.00 **Love Your Home and Garden** From Swindon.
10.00 FILM **The Playbirds** Thriller starring Glynn Edwards and Mary Millington. (1978, 18) ★
12.00 M'T FILM **Waking Ned** Whimsical Irish comedy. (1998, PG, 91min) ★★★
2.00 AM **Marcus Wareing's Tales from a Kitchen Garden** The perfect cow.
2.45 **Edwardian Farm**
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 141

6.00 AM **Highlights**
8.00 **Old Country**
8.30 **The Gaffer** 3/7. (S2)
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.05 PM **The Dustbinmen**
12.35 **Agony** 3/7. (S2)
1.05 **Press Gang** 9/12. (S1)
1.35 **Boon** 11/13. (S3)
2.40 **Wish Me Luck** (S3)
3.45 **Hank the Cowboy**
4.00 **Discovering Gardens**
4.30 **Old Country**
5.00 **Stereo Underground**
6.00 **The Dustbinmen** (S1)
6.30 **Press Gang** 9/12. (S1)
7.00 **Agony** 3/7. (S2)
7.30 **The Gaffer** 3/7. (S2)
8.00 **Boon** 11/13. (S3)
9.05 **Riders** 1/2. (S1)
11.10 FILM **Queen of the Blues** Drama. (1979, 18, 63min) ★★
12.25 AM **Stereo Underground**
1.25 **Wish Me Luck**
2.30 **Riders** 1/2. (S1)
4.35 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Mysterious Creatures with Forrest Galante**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** 1/2. The *Northwestern* catches fire while alone on the water. **8.00** 2/2. The blaze continues to trouble the crew of the *Northwestern*.
9.00 **Expedition X**
10.00 **Expedition Unknown**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Paul Hollywood: City Bakes** Double bill.
7.00 **The Hairy Bikers' Mediterranean Adventure** From Italy.
8.00 **The Pioneer Woman**
9.00 **Jamie's One-Pan Wonders** Double bill.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Brittany** Triple bill.
2.30 **James Martin's Champagne**
3.00 **The Hairy Bikers' Mediterranean...**
4.00 **The Pioneer Woman**
5.00 **Jamie's One-Pan Wonders** Double vill.
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **James Martin's Islands to Highlands**
11.00 **Man v Food**
12.00 M'T **Diners, Drive-Ins and Dives** Four editions.
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 24/26. (S5)
9.00 **The A-Team** 6/13. (S5)
10.00 **The Invaders** (S2)
11.00 FILM **Polar Storm** Sci-fi action thriller. (2009, PG, 92min) ★★
1.00 PM FILM **Torture Garden** Portmanteau horror. (1967, 15, 96min) ★★
3.00 FILM **Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
5.00 **Star Trek** 8/24. (S3)
6.00 **The Invaders** (S2)
7.00 **The A-Team** 7/13. (S5)
8.00 **Walker, Texas Ranger**
9.00 FILM **Donnie Brasco** Fact-based crime drama starring Al Pacino. (1997, 18, 126min) ★★★★
11.35 FILM **Drop Zone** Thriller. (1994, 15, 102min) ★★
1.40 AM FILM **The Most Dangerous Game** Thriller. (2022, 15, 95min) ★★
3.30 **to 5.10** AM FILM **Deadly Target** Thriller. (2015, 15, 87min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **Mega Shark vs Kolossus** (2015) ★
11.00 **The Lost World** (S2)
12.00 NOON FILM **Bermuda Tentacles** Thriller. (2014, 12, 86min) ★★
2.00 PM FILM **Angel and the Bad Man** Western. (2009, PG, 95min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **The Day the Earth Stopped** Thriller. (2008, 15, 90min) ★★
7.00 **The Lost World** (S2)
8.00 **The Fall Guy** 1/22. (S3)
9.00 FILM **The Wild Geese** Action adventure. (1978, 15, 134min) ★★★★
11.35 FILM **Split Second** Futuristic horror thriller. (1991, 18, 90min) ★
1.25 AM FILM **Money Plane** Crime action thriller. (2020, 15, 82min) ★★
3.00 FILM **The Day the Earth Stopped** (2008)
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Canadian Pickers** New edition
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Pawn Stars**
11.10 **Swamp People**
1.05 PM **Canadian Pickers**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Monster Aliens** New edition
10.00 **Ancient Aliens**
11.00 **UFOs: Secret Missions Exposed**
12.00 M'T **Curse of Skinwalker Ranch**
1.00 AM **Evidence of the...**
2.00 **Monster Aliens**
3.00 **Swamp People**
4.35 **to 6.00** AM **Highlights**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Somerset: Wonder of the West Country**
11.00 **Ben Fogle: New Lives in the Wild** North Carolina.
12.00 NOON **Nazi Megastructures**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.35 **The Yorkshire Vet**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Abandoned Engineering**
7.00 **Nazi Megastructures: America's War** The air attack on Pearl Harbor.
8.00 **Ben Fogle: New Lives in the Wild** From Morocco.
9.00 **Royal Heirs and Spares: Rivalry & Resentment**
10.30 **The Day The Queen Died: Minute by Minute**
12.00 M'T **Wentworth Prison**
1.00 AM **22 Kids & a Wedding** Double bill.
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes** Ryan Thomas and Lucy Benjamin take part in the game show.
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** With Max Beesley and Jamie Theakston.
4.00 **Bridge of Lies** Quiz.
5.00 **The Bidding Room**
6.00 **Tenable** Game show.
7.00 **The Chase** Triple bill.
10.00 **The Chase Celebrity Special** Guests Melvin Odoom, Carl Fogarty, Louis Smith and Bonnie Langford take part.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Triple bill.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **90 Day: The Single Life** New edition Vanja opens her heart to someone new, Colt and Cortney try to keep their spark alive, Sophie feels betrayed by Liz, and Liz goes on a date with Villa.
10.00 **Sister Wives** New edition Janelle and Meri discuss whether to sell Coyote Pass, while Meri's speed dating event starts out awkward until she meets an encouraging suitor.
11.00 **Dr Pimple Popper: Breaking Out**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Variety show.
9.00 **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S5)
1.00 PM **Friends** (S5)
8.00 **Friends** 22/24. Joey gets a shock in Las Vegas. **8.30** 23/24. Part one of two. The pals visit Joey in Las Vegas. (S5)
9.00 FILM **R.I.P.D** Action comedy fantasy starring Ryan Reynolds. (2013, 12, 96min) ★★★
10.55 **Iain Stirling's Roast the Internet** With Lou Wall.
11.55 **Whose Line Is It Anyway? USA**
1.25 AM **South Park** (S15)
2.25 **MTV Cribs: Comedians Specials**
2.40 **Jack Whitehall: Comedy Central Live**
3.05 **Kerry Godliman: Bandwidth** Stand-up.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S5)
7.00 **Teleshopping**
9.00 **Spin City** 5&6/26. (S3)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S9)
1.10 PM **Criminally Funny**
2.40 **The Comedy Bus**
3.40 **Takeshi's Castle**
4.10 **Impractical Jokers**
5.10 **Whose Line Is It Anyway? USA**
6.10 **Spin City** 5/26. Mike ends up holding the baby. **6.35** 6/26. The mayor gets humiliated. (S3)
7.00 **Everybody Loves Raymond** (S5)
10.00 **Friends** (S4&5)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Whose Line Is It Anyway? USA**
3.00 **Reno 911!** 6&7/15. (S6)
3.45 **Important Things with Demetri Martin**
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
11.15 **Oh, Doctor Beeching!**
11.50 **Rising Damp** 7/7. (S3)
12.25 PM **Man About the...**
12.55 **Goodnight Sweetheart**
1.30 **When the Boat Comes In** 9/10. Sitcom. (S4)
2.35 **Minder** 9/11. (S4)
3.40 **Just Good Friends** (S3)
4.15 **Man About the House**
4.50 **Some Mothers Do 'Ave 'Em** 3/7. Sitcom. (S1)
5.25 **Yes, Minister** 3/7. (S1)
6.00 **That's 60s**
6.15 **Steptoe and Son** (S3)
6.45 **Rising Damp** 6/7. (S3)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 3/13. (S8)
9.00 **Benidorm** 7/7. (S6)
10.00 **Shameless** 12/16. (S5)
10.55 **Man About the House**
11.30 **Rising Damp** 5/8. (S2)
12.00 M'T **Benidorm** 7/7. (S6)
1.00 AM **Minder** 11/11. (S1)
2.05 **Till Death Us Do Part**
2.40 **Man About the House**
3.05 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **MTV Cribs UK**
7.10 **Ghosted: Love Gone Missing** Double bill.
9.00 **Catfish: Teams**
10.00 **Catfish: The TV Show**
1.00 PM **Catfish: Teams**
2.00 **Catfish: The TV Show**
5.00 **Dallas Cowboys Cheerleaders**
7.00 **Rich Kids Go Skint**
8.00 **Extreme Hair Wars**
9.00 **Skin A&E** Dr Adil gets a big surprise while operating on a lipoma.
10.00 **Sleeping with My Murderer** A dream relationship that became the stuff of nightmares.
11.00 **Caught in the Act: Double Life** Jamaal's trainer raises suspicions.
12.00 M'T **Ridiculousness** New editions Double bill.
1.00 AM **Caught in the Act: Unfaithful**
2.45 **Ink Master**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of editions.
7.00 **Diesel Brothers**
9.00 **Hoffman Family Gold**
11.00 **Overhaulin'** Double bill.
1.00 PM **Gold Rush** Double bill.
3.00 **How It's Made** Four editions of the series, including at: **4.30** The making of pocket knives, soapstone products and traditional snowshoes.
5.00 **Alaska: Homestead Rescue** The Raneys help to rescue some inexperienced homesteaders in Alabama.

9.00 Rite of Passage

7.00 **Wheeler Dealers** Mike gets nostalgic in a 1985 Merkur XR4Ti, also known as the Ford Sierra.

8.00 **Wheeler Dealers** Mike is excited to pick up one of his favourite types of convertible – a 2000 Porsche 996.

9.00 **Ed Stafford's Rite of Passage** New edition In Mongolia, Ed wrestles the giant heirs of Genghis Khan to become a man.

10.00 **In the Eye of the Storm** In May 2024, rare twin tornadoes toppled farms and wind turbines, carving a path of destruction.

11.00 **Expedition Bigfoot** The team investigate a strange tree structure in Kentucky.
12.00 M'T **Deadliest Catch**
1.00 AM **Ed Stafford's Rite of Passage** As 9.00pm.
2.00 **In the Eye of the Storm**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Wild Costa Rica**
10.00 **Tanked** A lava lamp tank.
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson Galaxy tries to tame a stray. **4.00** Jackson investigates two felines who do not get on.
5.00 **Lone Star Law** An injured owl is rushed to the vet in Texas.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff saves the legs of a puppy that was hit by a car.

6.00 Dr Jeff

7.00 **Treehouse Masters** Pete Nelson shares some of his favourite series moments, including some previously lost footage.

8.00 **Blood Ivory** Conflict is inevitable when the rangers locate suspected elephant-killers.

9.00 **Alaska: The Last Frontier** The Kilchers bottle raspberry mead, create a new field and winterise the bee hive.

10.00 **Alaskan Bush People** The family join a pheasant hunt, while Billy and Ami surprise the siblings with new additions.

11.00 **Mountain Monsters** Trapper gives the hunters a new clue in their search for the Cherokee Devil.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Dutch Caribbean Coastguards** Documentary.
9.00 **Air Crash Investigation**
10.00 **Rise and Fall of the Mayas**
11.00 **Nazi Megastructures: Battle Ready** Unusual war machines.
12.00 NOON **Destruction Decoded**
1.00 PM **Car S.O.S** A TVR Grantura.
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Car S.O.S** A Ford Escort XR3I.
5.00 **Ice Road Rescue**
6.00 **Inside Melbourne Airport** A mysterious plane lands at the airport unannounced.

8.00 Car S.O.S

7.00 **Air Crash Investigation** The crash of Scandinavian Airlines Flight 751 in 1991, when ice caused both engines to fail.

8.00 **NEW SERIES Car S.O.S** Tim Shaw and Fuzz Townshend enlist the aid of Joanna Lumley to rescue a Frogeye Sprite.

9.00 **Car S.O.S** Tim and Fuzz customise a Triumph Stag and offer the owner the chance to get back behind the wheel.

10.00 **Northwoods Survival** New edition Margot looks to her dogs to help her seriously raise her wood-harvesting game.

11.00 **Air Crash Investigation**
12.00 M'T **Lawless Island** New edition Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Lords of War** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Ice Road Truckers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Digging for Britain**
1.00 PM **The UnBelievable with Dan Aykroyd** Bizarre missions.
2.00 **Storage Hunters** Eight editions, including at: **5.00** Brandon and Lori take a risk on a large covered item. **5.30** Jesse throws down in an attempt to win antiques.
6.00 **American Pickers** Mike nails a double deal at a museum.

10.00 The UnBelievable

7.00 **Forged in Fire** 1/2. Seven losing competitors return to the forge for a shot at redemption and a second chance at glory.

8.00 **Viking Dead** Experts analyse the remains of two Viking boats that were filled with dead bodies.

9.00 **History's Deadliest with Ving Rhames** New edition Exploring Iwo Jima, Devil's Island and Snake Island.

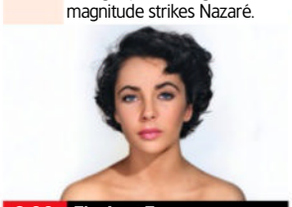
10.00 **The UnBelievable with Dan Aykroyd** New edition History is full of legendary missions, some so bizarre that they sound like fiction.

11.00 **The UnXplained with William Shatner** Secrets buried beneath layers of rock, or hidden in vast caves.
12.00 M'T **Storage Hunters** Six editions of the documentary.
2.50 AM **History's Deadliest with Ving Rhames** As 9.00pm.
3.40 **Viking Dead** As 8.00pm.
4.25 **Pawn Stars**
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **McMillion$**
7.00 **Discovering: Emma Thompson**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **The Yogurt Shop Murders** 1-4/4. Documentary telling the story of the 1991 killing of four teenage girls in Texas.
2.20 PM **OJ: Made in America**
4.10 **Discovering: Emma Thompson**
5.00 **The Directors** A look at the career of Stephen Frears.
5.55 **100 Foot Wave** 2/5. A tragedy of the highest magnitude strikes Nazaré.



8.00 The Lost Tapes

6.55 **The Comedy Store** 4/5. The podcast stardom of Joe Rogan, Marc Maron and Whitney Cummings puts the Store back on top.

8.00 **Elizabeth Taylor: The Lost Tapes** A profile of the actor told through audio tapes discovered in the archive of journalist Richard Meryman, revealing the complex inner life and vulnerability of the star.

10.00 **OJ: Made in America** 4/5. OJ Simpson's trial for the murders of his ex-wife Nicole and her friend Ron Goldman.

12.00 M'T **The Story of Late Night** 5/6. How talk shows embraced topical comedy and more diverse hosts in the 2000s.
12.50 AM **Tina** A celebration of Tina Turner's life and career.
3.00 **Nothing Compares** The story of Sinéad O'Connor's rise to worldwide fame.
5.00 **to 6.00** AM **Discovering: Emma Thompson**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Richard Hammond's Workshop** Motoring.
9.00 **Outback Opal Hunters** New edition The Blacklighters are pushing for a big pay day.
10.00 **Treasure Hunters Down Under** New edition Warren and Colleen battle dense rainforest to hunt historical targets.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers: Dream Car** Double bill.
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Killer Beside Me**
4.00 **American Monster**
6.00 **Disappeared**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV** A family want answers when their 23-year-old daughter goes missing.
9.00 **Evil Lives Here** New edition A jilted lover exacts the cruellest revenge.
10.00 **Your Worst Nightmare**
11.00 **Judge Rinder's Crime Stories**
12.00 M'T **American Monster**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** Raneem Oudeh faced threats when she learned her husband was already married to someone else.
8.00 **Millionaire Murders** A woman is found dead in her family pool.
9.00 **Storm of Suspicion** New edition During a bitter winter in San Angelo, Texas, a beloved father disappears.
10.00 **Britain's Almost Perfect Murders** New edition Investigators uncovered a pattern of arson which left Carol Wray's family dead.
11.00 **Bloodline Detectives**
1.00 AM **Millionaire Murders**
2.00 **Storm of Suspicion**
3.00 **Britain's Almost Perfect Murders**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Britain's Countryside Killers**
10.45 **Teleshopping**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Britain's Countryside Killers**
4.00 **48 Hours** Susann Stills.
5.00 **Medical Detectives** Toxicologists try to determine whether a man was poisoned. **5.30** A trail of stolen goods helps solve the murder of a 12-year-old girl shot in her home. **6.00** A murderer is brought to justice 24 years after the crime. **6.30** Handwriting experts help with a murder case after a mother-of-two vanishes.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Rapid Response** Documentary.
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Police 24/7**
11.00 **Murders That Shocked the Nation**
12.00 NOON **Killer in My...**
2.00 PM **World's Most Evil...**
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **How I Caught the Killer** Philip Inhofer.
10.00 **World's Most Evil Killers**
11.00 **Police 24/7**
12.00 M'T **Killer in My Village**
1.00 AM **How I Caught the Killer** Susan Eyre.
2.00 **Murders That Shocked...**
3.00 **Murdered at First Sight**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **The Bush Years**
8.55 **Thirties in Colour**
9.50 **France: The Post War Recovery** Documentary.
10.55 **Invention of Surgery**
11.55 **Besieged Fortresses, Legendary Battles**
1.00 PM **Thirties in Colour**
2.00 **Weathered: Earth's Extremes**
2.35 **The Bush Years**
3.35 **Thirties in Colour**
4.35 **France: The Post War...**
5.40 **Invention of Surgery**
6.40 **The Bush Years**
7.35 **Thirties in Colour**
8.35 **France: The Post War Recovery** A look back at how division hindered France's recovery after World War Two.
9.45 **Invention of Surgery** The early experiments with chloroform.
10.50 **Once Upon a Time in Northern Ireland**
12.00 M'T **The Bush Years**
12.55 **to 2.00** AM **France: The Post War Recovery**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Great Parks of Africa**
9.00 **Orangutan Jungle School**
10.00 **Reef Wrecks**
11.00 **Malawi Wildlife Rescue**
12.00 NOON **Deep Dive North America** Documentary.
1.00 PM **Monkey Life**
2.00 **Great Parks of Africa**
3.00 **Orangutan Jungle School**
4.00 **Reef Wrecks**
5.00 **Uptown Otters**
6.00 **Deep Dive North America**
7.00 **Monkey Life** Double bill.
8.00 **My Best Friend's an Animal**
9.00 **A Wild Year on Earth**
10.00 **Deep Dive North America** Lizzie Daly explores North America's natural wonders.
11.00 **Uptown Otters**
12.00 M'T **Malawi Wildlife Rescue**
1.00 AM **Ol Pejeta Diaries**
2.00 **My Best Friend's an Animal**
3.00 **A Wild Year on Earth**
4.00 **Great Parks of Africa**
5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

6.00 AM **World's Most Unexplained**
7.00 **Life After People**
8.00 **What on Earth?**
9.00 **The Abyss: Rise & Fall of the Nazis** Events of 1933 and 1934.
10.00 **Combat Trains**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Inside the Tower of London**
4.00 **World's Most Unexplained**
5.00 **Life After People**
6.00 **What on Earth?**
7.00 **The Abyss: Rise & Fall of the Nazis** Events of 1933 and 1934.
8.00 **Combat Trains** The astonishing accounts of four railway journeys that changed history.
9.00 **Bomber: Terror of WWII** The German attack on Warsaw on 1 September 1939.
10.00 **Commando Missions**
11.00 **Ancient Aliens**
1.00 AM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Inside the Tower of London**
4.00 **World's Most Unexplained**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Richard Hammond's Big**
1.00 PM **Blowing Up History**
3.00 **Alien Highway**
6.00 **How Do They Do It?** A look at how money is kept safe inside cash machines. **6.30** How 28 million plastic bags are made every day. **7.00** How the world's most expensive vinegar is made. **7.30** How Australia's 80 million sheep are sheared every spring. **8.00** Bras designed with aerospace technology. **8.30** How plasterboard is made from power station smoke.
9.00 **How It's Made** How dumplings and brass faucets are made **9.30** Examining the way that saxophones are made. **10.00** An insight into how copper cookware is made. **10.30** The making of fillet knives.
11.00 **How It's Made: Dream Cars**
1.00 AM **Alien Highway**
4.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Nightmare in Suburbia**
2.00 PM **Accident, Suicide or Murder?** As shown at 8.00pm.
3.00 **An Hour to Kill**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Accident, Suicide or Murder?** New edition An off-duty police officer calls 911 to report that his wife is unconscious.
9.00 **NEW SERIES Predator Files** An undercover sting operation exposes online predators. **9.30** New edition A manipulative predator is racked after he targets a 12-year-old decoy.
10.00 **Ozark Law** New edition
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Interrogation Raw**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Fish Tank Kings**
10.00 **America the Wild**
11.00 **Wild, Smart and Deadly**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **The Hidden World of Snakes**
3.00 **The Hidden Kingdoms of China**
4.00 **Secrets of the Zoo**
5.00 **Ultimate Airport Dubai**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo**
8.00 **Killer Shark vs Killer Whale** The mystery of orcas attacking great white sharks.
9.00 **Backyard Bull Sharks** Bull sharks making homes for themselves in fresh water.
10.00 **Alaska: The Next Generation** Chevie Roach and his daughters hunt beavers for fur and meat.
11.00 **Ice Road Rescue**
12.00 M'T **Africa's Hunters**
1.00 AM **Animal Fight Club**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

174 147 181

7.00 AM **To Live or Die on Everest**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** The moon's incredible, violent and dynamic history.
1.00 PM **Mysteries of the Missing**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **To Live or Die on Everest** How deadly weather claimed 11 lives on Mount Everest in 2019.
9.00 **Ancient Unexplained Files** Archaeologists uncover the truth behind a cave wall in Nottinghamshire.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **Mysteries of the Missing**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
5.00 **Three Up, Two Down**
8.20 **Three Up, Two Down** 1/6. To Daphne's delight Sam packs in his hobby of taxidermy, but takes up another – their new next-door neighbour Rhonda. **9.00** 2/6. Daphne confronts Sam's new girlfriend, Angie gets a screen test for an advert, while Nick spies on Sam and Daphne with his telephoto lens. **9.40** 3/6. Daphne starts to warm to Sam, prompting him to break up with Rhonda – who does not take it well. Nick offers his article to a tabloid editor. **10.20** 4/6. Sam, having arranged a surprise for Daphne, is disappointed to discover that she is not free. **11.00** 5/6. Daphne suffers back trouble on the day of her driving test. (S4)
11.40 **Three Up, Two Down**
5.30 **to 6.00** AM **Villages by the Sea**

+1hour 266 376

ID

154 140 166

8.00 AM **Breaking Homicide**
9.00 **American Monster**
11.00 **Disappeared**
12.00 NOON **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Disappeared**
4.00 **Evil Lives Here: Shadows of Death** A common thread amid several cold cases in Maryland.
5.00 **Murder Chose Me**
7.00 **Evil Online** Focusing on the case of Jeffrey Marsalis. **8.00** The murder of US Airways employee Nikki McPhatter.
9.00 **American Detective with Lt Joe Kenda** A fisherman spots a dismembered corpse floating in Thunder Bay.
10.00 **The Murder Tapes** A killer shoots 25-year-old Delvin Mitchell in the head. **11.00** Police look for answers on who shot Andrew Jenicek in a strip mall parking lot.
12.00 M'T **Police 911: Michigan**
1.00 AM **Good Cop, Bad Cop**
2.00 **Murder Chose Me**
4.00 **to 6.00** AM **Evil Online**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Outback Truckers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** The pressure is on when Richard decides to compete at an NEC show.
1.00 PM **Bad Chad Customs**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Outback Truckers**
4.00 **Shed and Buried: Classic Cars**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz find a Mini Clubman racing car in Surrey.
9.00 **Holden Bros. Restos**
10.00 **Outback Truckers**
11.00 **Wheeler Dealers**
12.00 M'T **Shed and Buried: Classic...**
1.00 AM **Richard Hammond's Workshop** As 12.00noon.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

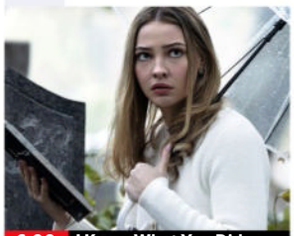
+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.20 AM **One More Shot** Comedy. (2025, 15, 88min) ★★★
9.00 **Pets on a Train** As 2.40pm.
10.40 **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★
12.55 PM **Plainclothes** As 3.45am.
2.40 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
4.10 **Adulthood** Black comedy. (2025, 15, 97min) ★★★
6.00 **I Know What You Did Last Summer** Horror reboot. (2025, 15, 119min) ★★★



6.00 I Know What You Did...

8.00 **Icefall** Action thriller starring Joel Kinnaman. A game warden captures a notorious poacher, only to discover he's aware of the location of a plane carrying millions of dollars frozen in a lake. (2025, 15, 95min)
9.45 **Jurassic World: Rebirth** Fantasy adventure starring Scarlett Johansson, Mahershala Ali and Jonathan Bailey. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.10 AM **I Know What You Did Last Summer** As 6.00pm.
2.05 **Bone Lake** Comedy thriller. (2024, 18, 94min) ★★★
3.45 **Plainclothes** Romantic thriller starring Tom Blyth and Russell Tovey. (2025, 15, 95min)
5.25 **to 7.00** AM **The Gentleman** Thriller. (2025, 15, 89min) ★★

Sky Cinema Action Heroes

303 303 403 503 517

6.40 AM **The Equalizer** Thriller. (2014, 15, 132min) ★★★
9.00 **The Mechanic** As 4.55am.
10.35 **The Bourne Ultimatum** Spy thriller. (2007, 12) ★★★★
12.35 PM **Pitch Black** Sci-fi chiller. (1999, 15, 108min) ★★★★
2.35 **Jackie Chan's First Strike** Thriller. (1996, 12, 83min) ★★
4.05 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
5.55 **Constantine** Horror thriller. (2005, 15, 121min) ★★★

5.55 Constantine

8.00 **Justice League** Sci-fi adventure starring Ben Affleck, Gal Gadot and Henry Cavill. Bruce Wayne enlists the help of Wonder Woman, Aquaman, Cyborg and The Flash in the fight against supervillain Steppenwolf. (2017, 12, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.00 **Demolition Man** Sci-fi action thriller starring Sylvester Stallone, Wesley Snipes and Sandra Bullock. A disgraced cop is released from cryogenic imprisonment into a pacifist future to catch an escaped criminal. (1993, 15, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **Blade** Adventure chiller. (1998, 18, 121min) ★★★
2.10 AM **Fast & Furious 5** Thriller sequel. (2011, 12, 130min) ★★★
4.25 **Sky Cinema Preview**
4.55 **to 6.35** AM **The Mechanic** Thriller. (2011, 15, 93min) ★★

Sky Cinema Drama

310 310 410 510 524

7.05 AM **Jackie** Biographical drama. (2016, 15, 100min) ★★★★
8.50 **American Sniper** Biopic. (2014, 15, 127min) ★★★★
11.05 **Legends of the Fall** Epic drama. (1994, 15, 133min) ★★★★
1.25 PM **The Friend** Drama. (2024, 15, 120min) ★★★★
3.30 **The Blind Side** Fact-based drama starring Sandra Bullock. (2009, 12, 129min) ★★★
5.45 **It Ends with Us** Drama starring Blake Lively and Justin Baldoni. (2024, 15, 125min) ★★★
8.00 **Little Women** Screen version of Louisa May Alcott's classic tale, starring Winona Ryder, Susan Sarandon and Gabriel Byrne. (1994, U, 114min) ★★★
10.00 **The Brutalist** Epic drama starring Adrien Brody. When a couple flee Europe in 1947, their new lives in the US are changed by a strange client. (2024, 18, 215min) ★★★★★
1.20 AM **Skincare** Black comedy thriller. (2024, 18, 86min) ★★★
3.00 **The Bodyguard** Romantic thriller starring Kevin Costner. (1992, 15, 129min) ★★★
5.10 **Sky Cinema Preview**
5.55 **to 7.45** AM **The Cut** Thriller. (2024, 12, 99min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.20 AM **Sick** As shown at 4.10am.
8.55 **Timestalker** As 5.40am.
10.30 **If You Were the Last** Comedy. (2023, 15, 92min) ★★★★
12.05 PM **Presence** Horror thriller. (2024, 15, 84min) ★★★★
1.35 **Furiosa: A Mad Max Saga** Fantasy. (2023, 15) ★★★★
4.05 **Back to the Future Part II** Comedy adventure sequel. (1989, PG, 107min) ★★★
6.05 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★
8.00 **The Shining** Director Stanley Kubrick's chilling adaptation of the Stephen King bestseller, starring Jack Nicholson and Shelley Duvall. A writer's job as a winter caretaker in a remote hotel puts his family in peril. (1980, 15, 119min) ★★★★★
10.30 **Smile 2** Horror sequel starring Naomi Scott and Kyle Gallner. (2024, 18, 127min) ★★★★
12.45 AM **A Quiet Place** Horror. (2018, 15, 90min) ★★★★
2.25 **The Running Man** Adventure. (1987, 18, 101min) ★★★
4.10 **Sick** Horror starring Gideon Adlon. (2022, 18, 83min) ★★★
5.40 **to 7.15** AM **Timestalker** Fantasy. (2024, 15, 89min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.00 AM **Scooby-Doo** (2002) ★★★
7.30 **The Hobbit: The Battle of the Five Armies** (2014, 12) ★★★
10.00 **The Borrowers** (1997) ★★★★
11.30 **The SpongeBob Movie...**
1.05 PM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
2.30 **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★
4.15 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
6.00 **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★

6.00 How to Train Your Dragon

8.10 **The Golden Compass** Fantasy adventure starring Nicole Kidman and Dakota Blue Richards. In a parallel universe, a rebellious young orphan travels to the Arctic on a quest to save a kidnapped friend. (2007, PG, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The SpongeBob Movie: Sponge Out of Water** Animated family comedy with the voice of Tom Kenny. The cheery sea creature and his friends venture onto dry land to recover a secret formula. (2015, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Witches** Fantasy. (1989, PG, 90min) ★★★★
1.15 AM **E.T. The Extra Terrestrial** Fantasy. (1982, U) ★★★★★
3.10 **Harriet the Spy** Adventure. (1996, PG, 97min) ★★★★
4.55 **to 6.40** AM **Spy Kids 2: Island of Lost Dreams**

Sky Cinema Action

307 307 407 507 521

7.30 AM **Blood for Dust** (2023)
9.15 **A Fistful of Dollars** Sergio Leone's Spaghetti Western. (1964, 15, 96min) ★★★★★
11.05 **Fast & Furious 7** Thriller. (2015, 12, 132min) ★★★★
1.25 PM **Fast & Furious 8** Thriller. (2017, 12, 136min) ★★★
3.50 **Uncharted** Action adventure. (2022, 12, 116min) ★★★
5.50 **Twisters** Disaster drama sequel with Daisy Edgar-Jones. (2024, 12, 122min) ★★★★

5.50 Twisters

8.00 **Jurassic Park** Steven Spielberg's thriller based on Michael Crichton's bestseller, starring Sam Neill, Laura Dern and Jeff Goldblum. A billionaire showman creates an island leisure park populated by genetically engineered dinosaurs. (1993, PG, 127min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Batman Returns** Comic-book adventure sequel starring Michael Keaton, Michelle Pfeiffer and Danny DeVito. (1992, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Fast & Furious** Action thriller sequel with Vin Diesel. (2009, 12, 107min) ★★★
2.20 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★
4.05 **Once Upon a Time in China and America** Adventure. (1997, 15, 102min) ★★★
5.50 **to 7.45** AM **Project A, Part II** Adventure. (1987, 15) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.10 AM **In & Out** (1997, 12) ★★★
8.55 **Just Go With It** (2011, 12) ★
10.55 **Bridget Jones's Baby** Comedy sequel. (2016, 15) ★★★
1.00 PM **The Hangover** Comedy. (2009, 15, 99min) ★★★★
2.50 **The Hangover Part II** Dark comedy sequel. (2011, 15) ★★
4.40 **The Hangover Part III** Dark comedy sequel. (2013, 15) ★★
6.30 **The Naked Gun 33⅓: The Final Insult** Spoof sequel. (1994, 12, 83min) ★★★

1.00 The Hangover

8.00 **School of Rock** Comedy starring Jack Black and Joan Cusack. A wannabe rock guitarist poses as a substitute teacher at an elite private school and tries to turn his pupils into a rock band. (2003, PG, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Two Weeks Notice** Romantic comedy with Sandra Bullock and Hugh Grant. Opposites attract when a liberal lawyer goes to work for a billionaire property tycoon. (2002, 12, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The 40-Year-Old Virgin** Comedy starring Steve Carell. (2005, 15, 116min) ★★★★
1.40 AM **The Phoenician Scheme** Comedy with Benicio del Toro. (2025, 15, 101min) ★★★
3.30 **Sausage Party** Animation. (2016, 15, 89min) ★★★
5.10 **to 6.55** AM **Daddy's Home 2** Comedy sequel. (2017, 12) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.15 AM **The Stranger in My Home**
7.55 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★
9.45 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★
11.50 **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
2.00 PM **Vanilla Sky** Fantasy. (2001, 15, 136min) ★★★
4.25 **Hallow Road** Horror thriller. (2025, 15, 80min) ★★★★
5.50 **The Fugitive** Action thriller. (1993, 15, 128min) ★★★★★

8.00 Eye in the Sky

8.00 **Eye in the Sky** Thriller starring Helen Mirren and Alan Rickman. A mission to wipe out a terrorist cell is complicated when a girl enters the blast radius of a planned drone strike. With Iain Glen. (2015, 15, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Perfect Storm** Fact-based action drama starring George Clooney and Mark Wahlberg. In 1991, six New England fishermen get caught in a terrifying storm. (2000, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Hallow Road** As 4.25pm.
1.35 **The Thicket** Western starring Peter Dinklage and Juliette Lewis. (2024, 15, 108min) ★★★
3.35 **The Stranger in My Home** Thriller. (2025, 15, 91min) ★★
5.15 **to 7.00** AM **Maggie Moore(s)** Comedy thriller starring Jon Hamm and Nick Mohammed. (2023, 15, 99min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **For Whom the Bell Tolls** Classic romantic adventure. (1943, PG, 160min) ★★★
1.50 PM **All the King's Men** Oscar-winning drama. (1949, b/w, PG, 109min) ★★★★★
4.05 **Mary, Queen of Scots** Drama. (1971, 12, 128min) ★★
6.40 **Steel Magnolias** Comedy drama starring Sally Field, Dolly Parton and Julia Roberts. (1989, PG, 115min) ★★★★

6.40 Steel Magnolias

8 PM **Steel Magnolias** (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Honest Thief** Crime thriller starring Liam Neeson, Kate Walsh and and Jai Courtney. A bank robber falls in love, and decides to turn himself in, only to be betrayed by two crooked FBI agents. (2020, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **11.05** **The Killing Fields** Oscar-winning fact-based drama about the relationship of an American journalist and his Cambodian friend and translator, starring Sam Waterston and Haing S Ngor. (1984, 15, 135min) ★★★★
1.55 **to 3.50** AM **Pig** Offbeat drama starring Nicolas Cage. (2021, 15, 92min) ★★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Award Season

302 302 402 502 516

7.20 AM **Lost in Translation** Bittersweet comedy drama. (2003, 15, 102min) ★★★★★
9.10 **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
11.35 **Collateral** Crime thriller. (2004, 15, 120min) ★★★★
1.35 PM **Cool Hand Luke** Drama. (1967, 15, 126min) ★★★★★
3.45 **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★

5.45 **Batman** Comic-book adventure. (1989, 15, 121min) ★★★★
8.00 **Mission: Impossible – The Final Reckoning** Action thriller starring Tom Cruise. Ethan Hunt and the IMF team race to find the Entity, a rogue AI that can destroy mankind. (2024, 12, 169min) ★★★
10.50 **Pulp Fiction** Quentin Tarantino's black crime comedy with John Travolta, Bruce Willis, Samuel L Jackson and Uma Thurman. (1994, 18, 154min) ★★★★★

1.25 AM **Promising Young Woman** Thriller starring Carey Mulligan. (2020, 15, 113min) ★★★★
3.20 **Cool Hand Luke** As 1.35pm.
5.30 **to 7.45** AM **Sherlock Holmes: A Game of Shadows** Guy Ritchie's action adventure sequel. (2011, 12, 128min) ★★★

Sky Cinema Greats

304 304 404 504 518

7.30 AM **Arthur** As 4.35am.
9.10 **Blazing Saddles** As 3.00am.
10.45 **Gremlins** As 11.20pm.
12.35 PM **Gremlins 2: The New Batch**
2.25 **The Mummy** Action adventure. (1999, 15, 124min) ★★★★
4.30 **Twister** Disaster drama. (1996, PG, 114min) ★★★
6.25 **Big Daddy** Comedy with Adam Sandler and Kristy Swanson. (1999, 12, 95min) ★★★

8.00 **The Wedding Singer** Romantic comedy starring Adam Sandler and Drew Barrymore. A perky waitress saves a singer from despair after he is jilted at the altar. (1998, 12, 97min) ★★★★
9.40 **American Pie** Teen comedy starring Jason Biggs. A group of teenage friends pledge to lose their virginity before the school prom, which is only three weeks away. (1999, 15, 96min) ★★★★
11.20 **Gremlins** Horror comedy. (1984, 12, 106min) ★★★★

1.10 AM **Gremlins 2: The New Batch** Horror comedy sequel. (1990, 12, 107min) ★★★
3.00 **Blazing Saddles** Mel Brooks' wildly irreverent Western spoof. (1974, 12, 90min) ★★★★
4.35 **to 6.15** AM **Arthur** Comedy. (1981, 15, 93min) ★★★★

Sky Cinema Animation

305 305 405 500 514

6.20 AM **Fox and Hare Save the Forest** Animated adventure. (2024, U, 71min) ★★★
7.45 **Scooby-Doo! The Sword and the Scoob** Animation. (2021, PG, 76min) ★★★
9.15 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
10.50 **Rango** Animated Western. (2011, PG, 103min) ★★★★
12.50 PM **Pets on a Train** (2025)

2.20 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
4.00 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
5.50 **The Ant Bully** Animation. (2006, U, 89min) ★★★★
7.30 **DC League of Super-Pets** Animated comedy adventure. (2022, PG, 105min) ★★★
9.25 **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★
10.55 **Batman: Return of the Caped Crusaders** (2016, PG) ★★★★

12.20 AM **Pets on a Train** Animation. (2025, PG, 87min) ★★★
1.50 **Rebellious** (2024, PG) ★★★
3.35 **Deep Sea** (2023, PG) ★★★
5.40 **to 7.10** AM **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animation. (2021, PG) ★★★

Movies 24

312 313 419

7.00 AM **For Love & Honey** Comedy. (2024, U, 84min) ★★
9.00 **A Harvest Homecoming** Drama. (2023, PG, 85min) ★★
11.00 **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★
1.00 PM **What We Do For Love** Romantic comedy drama. (2023, PG, 89min) ★★
3.00 **Lease on Love** Romantic comedy. (2022, PG, 86min) ★★

5.00 **Checkin' It Twice** Romantic drama starring Kim Matula. (2023, PG, 90min) ★★
7.00 **Love's Greek to Me** Romantic drama starring Torrey DeVitto and Yannis Tsimitselis. (2023, PG, 90min) ★★
9.00 **Scented with Love** Romance starring Rebecca Olson and Marshall Williams. A perfumer returns to her home town to open a shop, leading to a run-in with a face from her past. (2022, PG, 83min) ★★

11.00 **The Finnish Line** Romantic comedy. (2024, PG, 84min) ★★
1.00 AM **Spring Breakthrough** Drama. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **Sweet as Pie** Comedy. (2022, PG, 93min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Black Saddle** 5/24. (S2)
6.30 **Undercover Girl** Thriller. (1957, b/w, PG, 68min) ★★
7.50 **A Travelogue of Kent in 1954**
8.05 **Algiers** Romantic drama. (1938, b/w, PG, 95min) ★★★
10.00 **And the Same to You** Comedy. (1960, PG, 70min) ★★
11.25 **The Mark of Cain** Crime drama. (1947, b/w, PG, 88min) ★
1.15 PM **Look at Life**

1.25 **The Price of Silence** Drama. (1959, b/w, U, 81min) ★★★
3.00 **Crown Court** Triple bill.
4.30 **The Happiest Days of Your Life** Classic comedy. (1950, b/w, U, 81min) ★★★★★
6.10 **Look at Life**
6.20 **Strange But True**
6.55 **The Brothers** 1/13. (S2)
8.00 **Mark Saber** 26/39. (S4)
8.30 **The Wheeltappers and Shunters Social Club**
9.20 **Scandal** Drama starring John Hurt. (1988, 18, 115min) ★★★

11.40 **Doomwatch** 4/13. (S1)
12.40 AM **A Good Read: Sherlock Holmes** *The Gloria Scott.*
1.35 **Crown Court** Triple bill.
3.05 **Double X: The Name of the Game** Thriller starring Simon Ward. (1991, 15, 97min) ★
5.00 **to 6.00** AM **Burke's Law**

Thursday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **The Hundred** Coverage of the start of day two of the auction.
12.00 NOON **LIVE The Players Championship** Coverage of day one of the prestigious tournament from TPC Sawgrass in Ponte Vedra Beach, Florida.
7.00 PM **LIVE Premier League Darts** Coverage of round six from Motorpoint Arena Nottingham, featuring quarter-finals, semi-finals and a final all in one night.
11.00 **LIVE WTA & ATP Tennis** Coverage of the men's and women's quarter-finals on day nine of the Indian Wells Open. The men's competition saw Jack Draper continue his quest for the title with a 6-4 7-5 win over Ben Shelton, which set up a semi-final against Carlos Alcaraz.
3.00 AM **LIVE Formula 1** Coverage of the Chinese Grand Prix practice session held at Shanghai International Circuit.
4.45 **Formula 1** The top F1 stories.
5.15 **F1 Feature**
5.30 **to 6.00** AM **F1 Team Principal Press Conference**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Stories**
9.30 **Transfer 360** Patrick Vieira.
10.00 **Sky Sports FC** Headlines.
12.00 NOON **Premier League Years**
2.00 PM **PL Retro** Another chance to see Liverpool v Manchester City from the 2013/14 season.
4.00 **Premier League Stories**
4.30 **Transfer 360** Focusing on former Premier League star Patrick Vieira.
5.00 **The Premier League Show**
7.00 **The Big Interview** An interview with a Premier League personality.
7.30 **Premier League Stories** An interview with Unai Emery.
8.00 **Football, Cancer and Me** Jo Wilson looks at what it takes to rebuild lives after cancer.
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Transfer 360** Double bill.
11.00 **Premier League Years**
1.00 AM **PL Retro** Liverpool v Manchester City from 2013/14.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 97/98**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro** Arsenal v Manchester City in the 2018 final.
8.00 **1983: When Aberdeen Ruled Europe** The story of the greatest year in the history of Aberdeen.
9.00 **EFL Greatest Games**
9.30 **Championship Season Review**
11.00 **Best Goals: EFL Cup 23/24**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Highlights**
1.00 PM **EFL Cup Highlights**
1.30 **EFL Highlights** Recent action.
2.30 **EFL League One Goals**
3.00 **EFL League Two Goals**
3.30 **Bundesliga Highlights Show**
4.30 **EFL Cup Highlights**
5.00 **EFL Highlights** Recent action.
6.30 **Bundesliga Weekly**
7.00 **EFL League One Goals**
7.30 **EFL League Two Goals**
8.00 **EFL Highlights** Recent action.
10.00 **Bundesliga Weekly**
10.30 **EFL League One Goals**
11.00 **EFL League Two Goals**
11.30 **EFL Greatest Games**
12.00 M'T **SPFL Special: Celtic's Invincibles** Celtic's unbeaten 2016/17 domestic campaign.
1.00 AM **SPFL** Recent action.
1.30 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** Recent highlights.
8.00 **The Hundred Bitesize**
8.30 **ICC Men's T20 World Cup**
9.30 **The Hundred Bitesize**
10.00 **The Hundred** Coverage of the start of day two of the auction at Piccadilly Lights in London,.
12.00 NOON **The Hundred Bitesize**
12.30 PM **ICC Men's T20 World Cup** Highlights of the Group B match between Australia and Zimbabwe staged at R Premadasa Stadium in Colombo, Sri Lanka.
1.00 **The Hundred Bitesize**
1.30 **The Hundred** Further coverage of day two of the auction taking place at Piccadilly Lights in London, where teams fill their squads with some of cricket's leading limited overs players.
6.00 **Test Cricket** Highlights of all five days of the second Test in the five-match series between England and India from Edgbaston.
11.00 **IPL** Highlights of Lucknow Super Giants v Delhi Capitals from BRSABV Ekana Cricket Stadium.
12.00 M'T **IPL** Highlights of Sunrisers Hyderabad v Mumbai Indians at Rajiv Gandhi International Stadium.
1.00 **to 6.00** AM **Test Cricket**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Ladies European Tour Golf**
7.00 **PGA Tour Golf**
8.00 **DP World Tour Golf**
8.30 **PGA Tour Champions Learning Centre** Golf tips.
9.00 **HotelPlanner Tour Golf Highlights** Recent action.
9.30 **Players Championship Preview Show** Updates.
10.00 **McGinley & Chamblee at the Players** From TPC Sawgrass.
11.30 **LIVE The Players Championship** Coverage of day one of the prestigious tournament staged at TPC Sawgrass in Ponte Vedra Beach, Florida. Rory McIlroy won last year's title, defeating JJ Spaun in a play-off.
11.00 PM **The Players Championship Official Film** From 2013.
12.00 M'T **Golf Academy**
12.30 AM **LIVE Ladies European Tour Golf** Coverage of day two of the Women's Australian Open at Kooyonga Golf Club in Adelaide.
5.30 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
1.00 PM **ATP Tour This Week**
1.30 **WTA & ATP Tennis**
5.30 **LIVE WTA & ATP Tennis** Coverage of the men's and women's quarter-finals on day nine of the Indian Wells Open staged at Indian Wells Tennis Garden in California. The men's competition saw Jack Draper continue his quest for the title with a 6-4 7-5 win over Ben Shelton, which set up a semi-final against Carlos Alcaraz.
4.00 AM **WTA & ATP Tennis**
5.00 **to 6.00** AM **ATP/WTA Tour Classic Matches**

TNT Sports 1

410 413 521 408 430

6.30 AM **Winter Paralympic Games Highlights** The sixth day.
7.30 **Women's One-Day International Cricket**
8.30 **LIVE AFL Carlton Blues v Richmond Tigers.** Coverage of the match staged at Melbourne Cricket Ground. Bounce-up **8.30am**.
11.30 **The WRC Magazine**
12.00 NOON **LIVE Cycling** Coverage of the fourth stage of the men's Tirreno Adriatico.
2.45 PM **LIVE Cycling** Stage five of the men's Paris-Nice, a 205.4km route from Cormoranche-sur-Saône to Colombier-le-Vieux.
4.15 **Kenny Allstar's Number 1's**
4.30 **Premier League Stories**
5.00 **LIV Golf** From Singapore.
6.30 **Premier League: Big Interview**
7.00 **LIVE UEFA Europa League** A round-of-16 first-leg clash.
10.30 **Training Day** Best of the series.
11.00 **Premier League: Big Interview**
11.30 **Winter Paralympic Games Highlights** The seventh day.
12.30 **to 6.30** AM **LIVE LIV Golf** Coverage from the second day of the fourth round of the season at Sentosa Golf Club in Singapore.

TNT Sports 2

411 414 522 409 431

6.00 AM **UEFA Champions League Highlights Show**
6.30 **Serie A – Full Impact**
7.00 **UEFA Europa League & Conference League Magazine**
8.00 **UEFA Champions League**
10.00 **Men's Cycling**
12.00 NOON **Crouchy and Cole**
12.15 PM **LIVE Freestyle Skiing** The men's and women's ski cross, which takes place in Montafon, Austria.
1.45 **TNT Sports Reload**
2.15 **LIVE Cycling** The fifth stage of the men's Paris-Nice, a 205.4km route from Cormoranche-sur-Saône to Colombier-le-Vieux.
4.15 **The Gruppetto**
4.30 **UEFA Champions League Highlights Show**
5.00 **LIVE UEFA Europa League** All the action from a round-of-16 first-leg encounter.
8.15 **LIVE UEFA Europa League** A round-of-16 first-leg clash.
10.00 **Serie A – Full Impact**
10.30 **LIV Golf** From Singapore.
12.00 M'T **Isuzu UTE A-League Highlights** Recent action.
12.30 AM **Serie A – Full Impact**
1.00 **UEFA Europa League**
4.00 **to 6.00** AM **Cycling**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** Recent action.
12.45 PM **Women's Super League**
1.00 **Good Morning Football**
3.00 **NFL Highlights** Pittsburgh Steelers v Baltimore Ravens.
4.00 **Super League Highlights** Wigan Warriors v Hull Kingston Rovers in the 2024 Grand Final.
4.15 **Women's Super League** Action from St Helens v York Valkyrie in the 2024 Grand Final.
4.30 **Super League Highlights** Wigan Warriors v Leigh Leopards in the second 2024 semi-final. **4.45** Action from Hull Kingston Rovers v Warrington Wolves in the first 2024 semi-final.
5.00 **NBC's Pro-Football Talk**
7.00 **LIVE Premier League Darts** Coverage of round six from Motorpoint Arena Nottingham, featuring quarter-finals, semi-finals and a final all in one night.
11.00 **NFL Highlights** Recent action.
12.00 M'T **The Insiders**
1.00 AM **Super League Highlights**
1.15 **Women's Super League**
1.30 **Super League Highlights**
2.00 **Super League**
4.45 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
11.30 **LIVE The Players Championship** Coverage of the marquee groups on day one of the prestigious tournament from TPC Sawgrass in Ponte Vedra Beach, Florida. There was a three-way tie at the end of the first round last year, with Camilo Villegas, Lucas Glover and JJ Spaun all shooting six-under rounds of 66. Rory McIlroy was one of four players one stroke behind, and it was he who went on to win the title, defeating Spaun in a play-off.
5.30 PM **LIVE WTA & ATP Tennis** Coverage of the men's and women's quarter-finals of the Indian Wells Open. All four of the women's quarter-finals were settled in straight sets last year, with the top-seeded player triumphant in each one, with notable victories for Aryna Sabalenka and Iga Swiatek over Liudmila Samsonova and Zheng Qinwen, respectively.
4.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **Premier League Darts**
10.00 **TGL** The Bay v Jupiter Links .
12.00 NOON **TGL** New York v Atlanta.
2.00 PM **PL Greatest Games**
3.00 **ICC Men's T20 World Cup**
4.00 **ATP Tennis** Santiago Open final.
5.00 **Indycar** Firestone Grand Prix.
6.00 **Formula 1** Australian Grand Prix.
7.00 **TGL** Atlanta Drive v Boston.
9.00 **ICC Men's T20 World Cup**
10.00 **PL Greatest Games**
11.00 **PGA Tour Golf** Recent highlights.
1.00 AM **TGL** LA v Atlanta Drive.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **Men's T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **Ultimate Pool**
7.30 **Premiership Women's Rugby**
8.30 **PREM Rugby Cup**
10.30 **Discovery Golf**
11.00 **UEFA Champions League**
1.00 PM **LIVE World Rally Championship** Coverage of stage one of the Safari Kenya, the third round of the season.
2.00 **TNT Sports Cricket Reload**
2.15 **LIVE World Rally Championship** Coverage of stage two of the Safari Kenya, the third round of the season.
3.45 **TNT Sports Reload**
4.00 **Women's Test Match Cricket**
5.00 **Serie A – Full Impact**
5.30 **AFL** Recent highlights.
7.00 **LIVE UEFA Europa League** A round-of-16 first-leg clash.
10.30 **Men's Cycling** Highlights.
12.30 AM **The Cycle**
1.45 **Women's Test Match Cricket**
2.45 **to 5.45** AM **Motocross World Championship**

TNT Sports 4

414 416 524 411 434

6.00 AM **Motocross World C'ship**
9.00 **TNT Sports Reload**
9.30 **The WRC Magazine**
10.00 **Women's Cricket Highlights**
12.00 NOON **TNT Sports Reload**
12.30 PM **Serie A – Full Impact**
1.00 **LIVE World Rally Championship** Safari Kenya.
2.00 **TNT Sports Cricket Reload**
2.15 **LIVE World Rally Championship** Safari Kenya.
3.45 **TNT Sports Reload**
4.00 **Women's Test Cricket**
5.00 **Serie A – Full Impact**
5.30 **LIVE UEFA Europa League** A round-of-16 first-leg clash.
7.45 **LIVE UEFA Europa League** A round-of-16 first-leg match.
10.00 **Women's Cricket**
12.00 M'T **Ultimate Pool**
1.30 AM **Fishing: On the Bank**
2.30 **Isuzu UTE A-League Highlights**
3.00 **Premiership Women's Rugby**
4.00 **AFL** Recent action.
5.30 **to 5.45** AM **TNT Sports Reload**

Premier Sports 1

419 551

6.00 AM **Highlights**
8.00 **LaLiga** Sevilla v Rayo Vallecano.
10.00 **NHL Ice Hockey**
12.00 NOON **Scottish Football Social Club** The latest news and results.
1.00 PM **LaLiga Match Highlights**
1.30 **Sporting Greats**
2.00 **NHL on the Fly**
3.00 **Argentine Primera**
4.55 **Sporting Greats**
5.55 **LIVE Swedish Hockey League Farjestad v Timra.** Coverage from Löfbergs Arena. Face-off **6.00pm**.
8.30 **World of FreeSports**
9.00 **NASCAR Highlights**
10.00 **NHL Ice Hockey**
12.00 M'T **LIVE NHL Ice Hockey Dallas Stars v Edmonton Oilers.** Coverage of the Western Conference match from American Airlines Center. Face-off **12.00m't**.
3.00 AM **NHL: This is Hockey**
3.30 **Sporting Greats**
4.00 **NASCAR Highlights**
5.00 **to 6.00** AM **Eredivisie Highlights**

Premier Sports 2

420 552

6.00 AM **Brasileiro Serie A**
8.00 **NHL Ice Hockey** Ottawa Senators v Montreal Canadiens.
10.00 **Temples of Sport** Iconic venues.
10.30 **Argentine Primera**
12.30 PM **Football's Greatest** The finest players discuss their careers.
1.00 **Brasileiro Serie A**
3.00 **Football's Greatest**
3.30 **LaLiga** Getafe v Real Betis.
5.30 **Argentine Primera**
7.30 **Temples of Sport** Iconic venues.
8.00 **NHL Tonight** A look at 20 of the best wingers currently in the NHL.
9.00 **NHL Ice Hockey** Ottawa Senators v Montreal Canadiens.
11.00 **LIVE NHL Ice Hockey Toronto Maple Leafs v Anaheim Ducks.** Coverage of the inter-conference match at Scotiabank Arena. Face-off **11.00pm**.
2.00 AM **Temples of Sport**
2.30 **NHL Tonight**
3.30 **Argentine Primera**
5.30 **to 6.00** AM **Bike World**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1**
1.30 PM **Drivers Press Conference**
2.15 **Formula 1** Highlights.
3.45 **F1 Drivers Press Conference**
4.30 **Formula 1** Chinese Grand Prix.
7.00 **F1 Drivers Press Conference**
7.45 **Paddock Uncut: China**
8.15 **F1 Feature**
8.30 **Formula 1** Australian Grand Prix.
10.45 **Ted's Notebook**
11.15 **F1 Feature**
11.30 **F1 Drivers Press Conference**
12.15 AM **Formula 1** From China.
12.45 **Kimi and Ted**
12.55 **Formula 1** Season highlights.
1.05 **F1 Academy**
2.00 **Formula 1** Highlights.
2.15 **F1 Feature**
2.30 **Formula 1** Chinese Grand Prix.
3.00 **LIVE Formula 1** The Chinese Grand Prix practice session.
4.45 **Formula 1** The top stories.
5.15 **F1 Feature**
5.30 **to 6.00** AM **F1 Team Principal Press Conference**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

13 March

Evening Planner

Drama

Materialists
Sky Premiere, 8.35am & 8pm
The likeable trifecta of Dakota Johnson, Pedro Pascal and Chris Evans star in this sharp romantic drama from Celine Song.

Horse Racing

Cheltenham Festival: Gold Cup
ITV1, race starts at 4pm
Reigning champion Inothewayurthinkin will be aiming to defend his crown.

Chat Show

The Claudia Winkleman Show
BBC1, 10.40pm
Claudia welcomes guests Jeff Goldblum and Jennifer Saunders on her new show.

OnDemand

NETFLIX

That Night
Available today
Based on the Gillian McAllister thriller, this Spanish drama follows a trio of sisters whose lives are changed one fateful night.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 MasterChef: The Professionals		8.30 Would I Lie to...	9.00 Death in Paradise		10.00 News; Local News	10.40 Claudia...
	102 BBC2	7.00 Natural World: Ireland's Wild River...		8.00 Gardeners' World		9.00 Big Cats 24/7		10.00 Live at the...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 It'll Be... †	8.00 Emmerdale	8.30 Coronation...	9.00 The Affair		10.10 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Inside the World's Most Luxurious...		9.00 Gogglebox		10.00 The Last Leg	
	105 5	7.00 Celebrity Puzzling		8.00 Building the Impossible with Rob Bell		9.00 Mysteries of the Pyramids with Dara O Briain			
	106 SKY ONE	7.00 The Simpsons		8.00 F1: Chinese Grand Prix Sprint Qualifying		9.00 Ted			10.30 Intelligence
ENTERTAINMENT	115 BBC3	7.05 Film: Spider-Man 3					9.15 Louis Theroux's Forbidden America	10.15 Film: Escape Room	
	116 BBC4	7.00 TOTP: 1999		8.00 TOTP: 1982	8.35 TOTP: 1989	9.05 St Patrick's Day at the BBC		10.05 Other Voices 2026: Dingle, Ireland	
	118 ITV2	7.00 Celebrity Wheel of Fortune		8.00 Ant & Dec's Limitless Win		9.00 Film: Pacific Rim: Uprising			
	136 MORE4	‹ 6.50 The Dog House Australia		7.55 Grand Designs		9.00 Astrid: Murder in Paris			10.20 24 Hours in A&E
	135 E4	7.00 The Simpsons	7.30 Married at First Sight UK: Reunion Special			9.00 Married at First Sight Australia			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 Chicago Fire		10.00 Fire Country	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 DTF St Louis		10.05 The Time Traveler's Wife	
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Bottom			10.20 Men Behaving Badly
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Doc Martin				10.00 Endeavour	
	120 ITV4	‹ 6.55 Aussie Pickers		7.55 Ice Road Truckers				10.00 Wrestling: AEW Dynamite	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans: XL Tour		10.00 Kerry Godliman: Bandwidth	
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Film: Wynonna Earp: Vengeance			
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Father Brown		9.00 Happy Valley			10.20 New Tricks
	109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise		9.00 CSI: Vegas		10.00 Death in Paradise	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 John & Yoko: Above Us Only Sky			
	132 U&W	7.00 DIY SOS		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Gold Rush		9.00 Expedition Files		10.00 Expedition Unknown	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 100 Days Wild		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 Inside Melbourne Airport	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Combat Trains		9.00 Hitler's Handmaidens		10.00 Ancient Aliens: Origins	
	155 U&YESTERDAY	7.00 Simon Reeve's South America		8.00 'Allo 'Allo!				10.00 Bangers & Cash	
	114 SKY DOCS	‹ 6.55 The Comedy Store		8.00 Bowie: The Man Who Changed the World				10.00 OJ: Made in America	
FILMS - Sky Cinema	301 PREMIERE	‹ 5.40 Jurassic World: Rebirth		8.00 Materialists				10.00 Icefall	
	302 AWARD SEASON	‹ 6.20 Gravity		8.00 Interstellar					
	303 ACTION HEROES	‹ 6.00 The Beekeeper		8.00 Fast & Furious 5					10.15 Blade
	304 GREATS	‹ 6.00 Beverly Hills Cop		8.00 Beverly Hills Cop II			9.45 Beverly Hills Cop 3		
	305 ANIMATION	‹ 5.50 The Angry Birds...	7.35 Pets on a Train			9.15 Monsters vs Aliens			
	306 FAMILY	‹ 6.00 Free Willy		8.05 Babe			9.50 E.T. The Extra Terrestrial		
	307 ACTION	‹ 5.45 Batman Returns		8.00 The Lost World: Jurassic Park				10.10 Fast & Furious Presents...	
	308 COMEDY	‹ 6.15 Zoolander 2		8.00 The Naked Gun			9.30 The Sweetest Thing		
	309 THRILLER	‹ 6.00 Lethal Weapon		8.00 Lethal Weapon 2				10.00 RocknRolla	
	310 DRAMA	‹ 6.10 The Damned United		8.00 Darkest Hour				10.05 The Bodyguard	
	311 SCI-FI	‹ 6.00 Arrival		8.00 Blade Runner				10.00 The Exorcist	
	313 FILM4	‹ 6.55 Central Intelligence				9.00 Men in Black: International			
SPORT	401 MAIN EVENT	7.00 EFL – Live: Wrexham v Swansea City (Kick-off 8.00)							10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 PL Preview	7.30 Big Interview	8.00 Fantasy Show	8.30 PL Stories	9.00 PL Preview	9.30 Big Interview	10.00 Fantasy Show	10.30 PL Stories
	403 FOOTBALL	7.00 EFL – Live: Wrexham v Swansea City (Kick-off 8.00)							10.30 EFL Greatest...
	405 CRICKET	7.00 Test Cricket							
	410 TNT SPORTS 1	7.00 The Fantasy...	7.30 World Rally...	8.00 UEFA Europa League & Conference...		9.00 UEFA Magazine	9.30 Ella Toone's...	10.00 LIV Golf	
	411 TNT SPORTS 2	7.00 UEFA Europa...	7.30 UEFA Europa League & Conference...		8.30 UEFA...	9.00 PL Preview	9.30 The Fantasy...	10.00 Discovery Golf	10.30 Baseball – Live

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Friday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** New episode *The Oath of Silence:* 8/10. The priest tries to prove the innocence of a man accused of murder. (S13) (S)
■ Entire series on BBC iPlayer
2.45 **Escape to the Country** (S)(R)(AD)
3.45 **The Repair Shop on the Road** New edition Tackling a scale model of the Falkirk Wheel. (S)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.30 Would I Lie to You?

7 PM

7.00 **The One Show**
Alex Jones and Roman Kemp present the topical show. (S)

7.30 **MasterChef: The Professionals**
New edition 15/21. The next group of contestants enter the world of pop-ups, with dishes featuring tacos and custard tarts before cooking a family favourite for the judges. (S)(AD)

8 PM

8.30 **Would I Lie to You?**
New edition Previously unseen material, featuring guests including Lucy Beaumont, Bob Mortimer and John Kearns. (S)

9 PM

9.00 **Death in Paradise**
New episode 7/8. The team investigate the poisoning of a local newspaper's agony aunt, and after the case in Antigua, Mervin grapples with his feelings about his brother. *See feature, page 7.* (S15) (S)(AD)

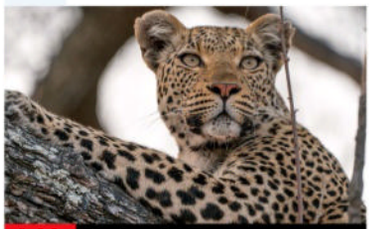
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW SERIES **The Claudia Winkleman Show**
1/6. Claudia kicks off her chat show, with guests Hollywood star Jeff Goldblum, actor Vanessa Williams, comedy icon Jennifer Saunders and comedian Tom Allen. (S)
11.25 **RuPaul's Drag Race UK vs the World** 7/8. The queens drag up a host of Team GB Olympians, including Greg Rutherford, Shanaze Reade, Molly Thompson-Smith, Celia Quansah and Daniel Jervis. Plus, singer Anastacia guests on the judging panel. (S)(R)
12.35 **Weather for the Week Ahead** (S)
12.40 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.45 AM **Bear Grylls: Wild Reckoning**
7.15 **The Repair Shop on the Road** (R)
8.00 **Sign Zone: Clive Myrie's African Adventure** Double bill. (S)(R)(AD)
9.00 **BBC News** (S)
12.30 PM **Political Thinking with Nick Robinson** Topical discussion. (S)
1.00 **Impossible** Game show. (S)(R)
1.45 **Unbeatable** Quiz show. (S)(R)
2.30 **The Boss** Game show. (S)(R)
3.15 **Weatherman Walking** New edition Caldey Island. (S)
3.30 **Scotland from the Sky** (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** (R)
5.15 **Flog It!** From Dorchester. (S)(R)
6.00 **Richard Osman's House of Games** New edition With guests Chris McCausland, Claire Richards, Adele Roberts and Olly Smith. (S)
6.30 **Do You Know Your Place?** New edition From Bangor. (S)



9.00 Big Cats 24/7

7.00 **Natural World: Ireland's Wild River – The Mighty Shannon**
Colin Stafford-Johnson takes a canoe journey along the River Shannon, revealing the wildlife that lives in the water and along the banks. (S)(R)(AD)

8.00 NEW SERIES **Gardeners' World**
Monty Don kicks off the horticultural year by cutting back ornamental grasses, Adam Frost reveals his new garden, and Arit Anderson visits the Royal Botanic Gardens, Kew. (S)

9.00 **Big Cats 24/7**
New edition *A Pride Divided:* 3/6. Under attack from intruders, the mothers with young cubs must find the rest of the pride. Leopard mum Lediba risks it all for a meal. (S)(AD)
■ Entire series on BBC iPlayer

10.00 **Live at the Apollo**
Host Tez Ilyas introduces Ignacio Lopez and Spring Day to the stage at London's Hammersmith Apollo. (S)(R)
10.30 **Newsnight** (S)
11.00 FILM PREMIERE **Girl** Drama with Deborah Lukumuena. A mother and her daughter are confined to their isolated world in a Glasgow apartment to protect themselves. (S) (2023, 12, 85min) ★★★★
12.25 AM **Sign Zone: Panorama: Dangerous Dogs – Is the Ban Working?** Current affairs. (S)(R)
12.55 **Sign Zone: Great British Menu** (R)
1.55 **Sign Zone: Call the Midwife** (S)(R)
2.55 **Sign Zone: Global Eye** (S)(R)
3.25 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** Current affairs and lifestyle features. (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
12.15 PM **ITV News** (S)
12.35 **Local News** (S)
12.45 LIVE **Racing: Cheltenham Festival** Ed Chamberlin presents coverage of the fourth and final day of the prestigious festival, where the feature race is the 4.00 Boodles Cheltenham Gold Cup, and races also take place at 1.20, 2.00, 2.40, 3.20 and 4.40. Analysis from AP McCoy, Ruby Walsh, Mick Fitzgerald and Megan Nicholls, and commentary by Richard Hoiles. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 The Affair

7.30 **It'll Be Alright on the Night** New edition Tom Allen presents another compilation of TV clangers and fluffed cues, featuring Greg Davies, Vernon Kay, Ant and Dec, Mel Giedroyc, Alan Carr, Judi Love, Richard Madeley and Guz Khan. (S)(AD)

8.00 **Emmerdale**
Paddy receives encouraging news, and Gabby gives Arthur a fresh strategy to try out. (S)(AD)
8.30 **Coronation Street**
Maggie frets over Ben's hospital appointment, and Alya meets with her former boss. (S)(AD)

9.00 NEW TO ITV1 **The Affair**
1/10. Award-winning drama starring Dominic West and Ruth Wilson. Noah Solloway goes on a short break with his wife and four children, and begins an affair with a waitress. *Previously shown on Sky Atlantic.* (S1) (S)

10.10 **ITV News** (S)
10.40 **Local News** (S)
10.55 **Devil in Disguise: John Wayne Gacy**
New episode *Tim, John and Rob:* 6/8. In a flashback, an inebriated Gacy confesses to Sam the ways he groomed, sexually assaulted, tortured and killed countless boys and young men. (S1) (S)(AD)
■ Entire series on ITVX
12.10 AM **Teleshopping**
3.00 **The Summit** 7/8. Dockers seizes an opportunity for more tactical manoeuvring before the climbers scale a vast ice wall. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.00 **to 6.00** AM **Ant & Dec's Limitless Win** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **Cheers** 2-4/28. (S11) (S)(R)
7.50 LIVE **Winter Paralympics** The early events on day seven. (S)(AD)
10.30 LIVE **Winter Paralympics** Further coverage of day seven from Italy, including the semi-finals of the mixed team curling. (S)(AD)
12.30 PM LIVE **Winter Paralympics** Continued coverage of day seven of the Games in Italy. (S)(AD)
2.25 **News** (S)
2.30 **F1: Chinese Grand Prix Sprint Qualifying** From Shanghai. (S)
3.00 **A Place in the Sun** (S)(R)
3.40 **Countdown** New edition (S)
4.30 **A New Life in the Sun** (S)(R)
5.30 **Four in a Bed** New edition (S)
6.00 **Come Dine with Me** New edition Singer Danny hosts night five. (S)
6.30 **Winter Paralympics Highlights** Action from day seven. (S)(SL)

9.00 Gogglebox

7.00 **News** (S)
7.55 **The Political Slot**
Helen Whately MP, Shadow Secretary of State for Work and Pensions, sets out the Conservative Party's plan to get more people into work. (S)

8.00 **Inside the World's Most Luxurious Cruises**
A look behind the scenes on board some of the world's most luxurious cruise ships, featuring a floating art gallery boasting a multi-million-pound collection. (S)(R)(AD)

9.00 **Gogglebox**
New edition The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(AD)

10.00 **The Last Leg**
New edition Adam Hills, Josh Widdicombe and Alex Brooker are joined by guests Richard Ayoade and Michelle Wolf for a comic review of the significant moments from the past seven days. (S)
11.05 **Greg Davies: The Back of My Mum's Head** A stand-up show at the Lowry in Salford. (S)(R)(AD)
12.10 AM **Bill Bailey's Remarkable Guide to the Orchestra** The world of classical music. (S)(R)
1.20 **Ramsay's Kitchen Nightmares USA** From Connecticut. (S)(SL)(R)
2.10 **Four in a Bed** Five editions. (S)(R)
4.25 **Our Welsh Chapel Dream** (S)(R)
5.15 **to 6.00** AM **Couples Come Dine with Me** (S)(SL)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Good Ship Murder** 3/8. The colleague of a wellness guru is killed on board. (S3) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Colin 'Coco' Brown prepares to wave adios to two of his rescued ponies. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition Cameras follow father and son pigeon-racers in south Wales. (S)
6.05 **Susan Calman's Grand Day Out** The comedian visits Lyme Regis on the south coast. (S)(R)
6.55 **News** (S)

8.00 Building the Impossible

7.00 Celebrity Puzzling
New edition Jeremy Vine hosts as team captains Carol Vorderman and Sally Lindsay are joined by Ed Byrne and Jason Mohammad. (S)

7.55 News (S)

8.00 Building the Impossible with Rob Bell
New edition Rob travels along the Panama Canal to learn how the seemingly unconquerable isthmus was bent to the will and skill of determined engineers. (S)

9.00 Mysteries of the Pyramids with Dara O Briain
The comedian explores intriguing mysteries surrounding the world's pyramids with the expert help of archaeologist Raksha Dave and Egyptologist Chris Naunton, looking into why and how these structure were built. (S)(R)

10.55 Piers Morgan: Uncensored
New edition Opinion-led news and debate show, blending journalism and cultural commentary. (S)

12.25 AM **Police Interceptors: Taking Down the Shoplifting Gangs** Documentary. (S)(R)
1.15 **Teleshopping** (S)(R)
2.45 **Friends** (S4) (S)(R)(AD)
3.10 **Entertainment News** (S)
3.15 **The Yorkshire Vet** (S)(R)
3.40 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
4.30 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.20 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Stargate SG-1** (S1) (S)(R)
9.00 **NCIS: Los Angeles** (S13) (S)(R)
10.00 **Will & Grace** (S2) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **F1: Chinese Grand Prix Sprint Qualifying** The battle for Sprint Race positions. (R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
2.00 **NCIS: Los Angeles** (S13) (S)(R)
3.00 **S.W.A.T.** 14/22. (S1) (S)(R)(AD)
4.00 **Police 24/7** (S)(R)
5.00 **The Simpsons** (S)(R)
6.00 **The Office (US)** 4/28. Dwight helps Michael prepare for the birth of Jan's baby. (S)(R) **6.30** 5/28. The company is burgled, so Michael organises an auction to replace the stolen goods. (S5) (S)(R)

9.00 Ted

7.00 The Simpsons
22 for 30: Bart goes from a delinquent with detention to a star basketball player. (S)(R) **7.30** *A Father's Watch:* Grampa gives Bart a special watch that was passed down by his own father. (S)(R)

8.00 F1: Chinese Grand Prix Sprint Qualifying
Action from the Chinese Grand Prix sprint qualifying session, the battle for sprint race positions in round two of the season at Shanghai International Circuit. (R)

9.00 Ted
New episodes
Dungeons & Dealers: 3/8. John, Ted and Blaire finish a drug dealer's Dungeons & Dragons campaign. **9.45** *The Mom's Bombed Rom Com:* 4/8. Blaire breaks up with her girlfriend.. (S2)
■ Entire series on Box Sets

10.30 Intelligence
2/6. Jerry is forced to take a aptitude test and attempts to run the procedure himself – providing Joseph can twist the results. (S1) (S)(R)(AD)

11.00 **Grimm** 14/22. Nick searches for a dragon-like monster that has killed two people with its fiery breath, but has to fend off the seductive advances of the creature's daughter. (S1) (S)(R)
12.00 M'T **Police 24/7** (S)(R)
1.00 AM **The Force: Manchester** A property believed to house a cannabis factory is raided. (S)(R)
2.00 **Road Wars** (R)
3.00 **Hawaii Five-0** 14/24. (S1) (S)(R)
4.00 **S.W.A.T.** 14/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.25pm A View from the Terrace (S)(R) **12.10am** RuPaul's Drag Race UK vs the World New edition (S) **1.20** Weather for the Week Ahead (S) **1.25-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.30-9.00pm Farm 999 New edition (S) **11.25** Would I Lie to You? New episode (S) **11.55** RuPaul's Drag Race UK vs the World New edition (S) **1.10-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Wales This Week New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Sain Ffagan (AD) **12.30** Heno **1.00** Bois y Pizza: Chwe' Gwlad (AD) **1.30** Arfordir Cymru: Llyn **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Stori'r Iaith **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Deis **6.30** Y Deis **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Prosiect Pum Mil **8.55** Newyddion a'r Tywydd **9.00** Y Llais **10.30-11.35pm** Jonathan

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 FILM **Spider-Man 3** Fantasy adventure sequel starring Tobey Maguire. A mysterious substance turns Spider-Man's suit jet-black and brings out a dark side to his personality. (2007, 12, 139min) ★★★
9.15 **Louis Theroux's Forbidden America** Alleged predatory behaviour by prominent figures in the adult entertainment industry.
10.15 FILM **Escape Room** Psychological thriller starring Deborah Ann Woll, Taylor Russell and Tyler Labine. (2019, 15, 99min) ★★★
11.50 FILM **Escape Room: Tournament of Champions** Horror sequel starring Taylor Russell. (2021, 15, 88min) ★★
1.15 AM **Louis Theroux's Forbidden America**
2.15 **The Beauty Queen and the Catfish**
3.00 **to 4.00** AM **Living Every Second: The Kris Hallenga Story**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1999** Music by Texas, Sugar Ray, Shania Twain and Shanks & Bigfoot. **7.30** Performances by The Wiseguys, Shed Seven, Jamiroquai and Supergrass.
8.00 **TOTP: 1982** With Bow Wow Wow, Julio Iglesias, Haircut 100 and Depeche Mode.
8.35 **TOTP: 1989** Music by New Order, Chanelle, Fuzzbox, Madonna and Guns N' Roses.
9.05 **St Patrick's Day at the BBC** A collection of pop performances from the Emerald Isle, including U2, Van Morrison, The Pogues, The Cranberries and Westlife.
10.05 NEW **Other Voices: Dingle, Ireland** Featuring Dermot Kennedy, Amble, Travy and Florence Road.
11.05 **Enya at the BBC**
11.50 **Van Morrison: Radio 2 in Concert** A 2016 performance by the singer.
1.05 AM **Boomtown Rats: Sight and Sound in Concert**
2.05 **The Irish Rock Story: A Tale of Two Cities**
3.05 **to 3.35** AM **TOTP: 1999**

MORE4

136/137 127 147 18 124 15

8.55 AM **The Perfect Pitch**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Fuzz Townshend and Tim Shaw try to restore a Citroën SM – widely considered one of the greatest ever French cars. **5.50** Fuzz and Tim secretly restore a 1962 TVR Grantura.
6.50 **The Dog House Australia** Pomeranian Prince is ready to rule his own kingdom.
7.55 **Grand Designs Revisited** Kevin McCloud revisits a new build that saw a couple constructing an art deco lighthouse tower on a clifftop in north Devon.
9.00 **Astrid: Murder in Paris** Series finale *One Wedding and Four Funerals:* 8/8. A famous actor is shot on a film set in an exchange of blank gunfire, putting Astrid and Raphaëlle on the trail of a criminal they crossed swords with a few years earlier. Subtitled. (S5)
10.20 **24 Hours in A&E** The stories of three mothers who have triumphed over extraordinary adversity.
11.20 **24 Hours in A&E**
12.25 AM **999: On the Front Line** Medical series.
1.25 **24 Hours in A&E**
3.35 **to 4.00** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Goldbergs**
9.00 **Modern Family**
10.00 **The Simpsons**
11.30 **Ramsay's Kitchen Nightmares USA**
1.30 PM **The Simpsons**
2.30 **Modern Family**
3.30 **The Simpsons**
5.00 **Celebrity Coach Trip**
6.00 **The Simpsons**
7.00 **The Simpsons** *The Wayz We Were:* Moe is faced with a difficult choice when Evergreen Terrace develops a major traffic problem.
7.30 **Married at First Sight UK: Reunion Special** Familiar faces return for a dinner party where some celebrate romance, but others face old tensions. One husband confronts his ex-wife over a shocking revelation, while a former bride finds herself caught in the eye of the storm.
9.00 **Married at First Sight Australia** A fresh group of hopeful singles take final steps toward marrying complete strangers.
11.05 **Married at First Sight Australia** Triple bill.
3.55 AM **The Goldbergs**
4.45 **to 6.00** AM **Don't Tell the Bride: Revisited**

+1 hr 235/236 306 30 123 256

Friday primetime primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
9.00 **Border Security USA**
10.00 **Air Ambulance ER**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 1/22. (S7)
1.00 PM **The Rookie** 15/20. Officer Nolan has his identity stolen. **2.00** 16/20. Bradford and Chen respond to a call at the *American Idol* auditions. (S2)
3.00 **Law & Order: Criminal Intent** 23/23. Goren comes under intense pressure. (S2)
4.00 **Nothing to Declare**

10.00 Fire Country

7 PM **7.00** **Police 24/7** Several officers are needed to apprehend a man barricaded in a house.

8 PM **8.00** **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM **9.00** **Chicago Fire** *Barely Gone:* 1/13. Tensions rise when Firehouse 51 are forced to share their space with Firehouse 17. (S12)

10 PM **10.00** **Fire Country** *No Good Deed:* 9/22. An internal investigation is opened after a difficult rescue doesn't go to plan. (S1)
11.00 **Blue Bloods** 3&4/20. (S12)
1.00 AM **Law & Order: Special Victims Unit** 10/13. (S25)
2.00 **FBI: International** 3/21. (S1)
3.00 **Law & Order: Criminal Intent**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
7.55 **The Sopranos** (S1&2)
10.00 **Boardwalk Empire** (S1&2)
2.30 PM **Boardwalk Empire** 3/12. Nucky calls in a favour from the attorney general. **3.35** 4/12. Jimmy and Mickey expand their operations. **4.40** 5/12. Richard Harrow goes hunting in the forest. **5.40** 6/12. Nucky arranges a risky liquor delivery. (S2)
6.50 **Game of Thrones** 8/10. Tyrion's fate is decided. (S4)

10.05 The Time Traveler's Wife

7.55 **Game of Thrones** *The Watchers on the Wall:* 9/10. Jon and the Night's Watch face their biggest challenge and Sam gets advice about love from Maester Aemon. (S4)

9.00 **DTF St Louis** *Snag It:* 2/7. After meeting at the cornhole party, Clark quickly hits it off with Floyd's wife Carol. (S1)

10.05 **The Time Traveler's Wife** 2/6. Henry and Clare try to reset with a second date. Stars Rose Leslie and Theo James. (S1)
11.05 **Task** 7/7. A shocking revelation leads to a final confrontation. (S1)
12.15 AM **The Wire** 10/13. (S1)
1.20 **True Blood** 9/12. (S1)
2.20 **Game of Thrones** (S4&5)
4.30 **In Treatment** (S2)
5.00 **to 6.30** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Dress to Impress**
8.25 **Billie and Greg: Family Diaries**
9.20 **The Only Way Is Essex**
10.20 **Real Housewives of Miami**
11.15 **Real Housewives of Beverly...**
12.10 PM **Ant & Dec's Limitless Win**
1.10 **Wheel of Fortune**
2.10 **The Only Way Is Essex**
3.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

9.00 Pacific Rim: Uprising

7.00 **Celebrity Wheel of Fortune** Graham Norton hosts the game show, with Tom Allen, Michelle Visage and Eddie Kadi.

8.00 **Ant & Dec's Limitless Win** Ant and Dec host as more contestants try to climb the never-ending money ladder.

9.00 **FILM Pacific Rim: Uprising** Sci-fi adventure sequel starring John Boyega and Scott Eastwood. The son of a war hero leads a new generation of giant robot pilots against a wave of alien Kaiju creatures. (2018, 12, 111 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.15 **Family Guy** 17/20. Lois and Peter are invited to live in an apartment block for millennials. **11.40** 19/20. (S18)
12.10 AM **American Dad!** (S16)
1.10 **Bob's Burgers** (S13)
2.05 **Deep Fake Neighbour Wars**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.25 PM **Midsomer Murders** *A Talent for Life:* A glamorous senior citizen and a distinguished doctor are killed.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *The War of the Roses:* An unpopular farmer is harassed by his neighbours.

8.00 Doc Martin

6.55 **Heartbeat** *Ties That Bind:* Armed robbers target post offices around Aidensfield. Guest stars Rodney Bewes.

8.00 **Doc Martin** *The Holly Bears a Prickle:* 5/7. The medic and Louisa enjoy a first date at a classical music performance.

9.00 **Doc Martin** *Nowt so Queer:* 6/7. News of Martin and Louisa's engagement spreads through the village. (S3)

10.00 **Endeavour** *Exeunt:* In the final episode of the crime drama, a series of death notices in the Oxford Mail, each with a cryptic message, provides clues to an investigation.
11.50 **A Touch of Frost** *No Other Love.* A pawnbroker is shot dead in an armed robbery at his premises. Guest stars Diane Keen and Isla Blair.
2.00 **to 2.30** AM **On the Buses**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Great Racehorses**
6.25 **The Big Match Revisited**
8.25 **The Protectors**
9.00 **Racing: The Opening Show**
10.00 **Magnum, PI**
11.05 **The Sweeney**
12.10 PM **Dempsey and Makepeace**
1.15 **Magnum, PI**
2.20 **Kojak**
3.25 **Boon**
4.35 **The Sweeney** *On the Run:* Regan's holiday is disrupted.
5.45 **Minder** *Windows:* Terry intervenes in a dispute involving an Anglo-Italian Mancini family.

4.35 The Sweeney

6.55 **Aussie Pickers** Lucas Callaghan and Adam McDonald find plenty to buy in sheds that includes a mystery instrument.

7.55 **Ice Road Truckers** A breakdown hampers Alex Debogorski's efforts to pull ahead of Hugh Rowland.

9.00 **Ice Road Truckers** Lisa Kelly hauls a load of hazardous waste across Atigun pass without the use of her brakes.

10.00 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling, featuring the likes of Jon Moxley, Bryan Danielson and Claudio Castagnoli.
12.05 AM **Dark Side of the Ring**
1.00 **The Sweeney**
1.55 **Two and a Half Men** (S1)
2.45 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **LIVE Sportscene: Championship Football** Greenock Morton v Partick Thistle: All the action from the second-tier match at Cappielow Park supported by Dalrada Technology UK. Kick-off is at 7.45.
10.00 **Still Game** *Fly Fishing:* 1/6. The Clansman regulars are turfed out by Boabby. (S8)
10.30 **A View from the Terrace** New edition Craig G Telfer presents a sideways look at Scottish football.
11.15 **Two Doors Down** 4/6. Colin throws a birthday party for his father. (S2)
11.45 PM **to 12.00** M'T **Growing Up Scottish** Comedians and entertainers share their experiences of work.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S5)
9.00 **Ballers** 7&8/10. (S1)
10.05 **Sex and the City** (S6)
11.20 **Entourage** (S7)
12.30 PM **Will & Grace** (S7)
1.30 **Sex and the City** (S6)
2.45 **Ballers** 9&10/10. (S1)
3.55 **And Just Like That...**
4.45 **The Office (US)** (S5)
5.45 **Will & Grace** (S7)
6.45 **Community** (S2)
7.45 **Sex and the City** 5/20. Samantha visits Brooklyn to see Jerry's performance in a play. **8.20** 6/20. Carrie dreads jury service. (S6)
9.00 **Chris Rock: Never Scared** Stand-up comedy performance.
10.30 **And Just Like That...** 6/11. Carrie asks Che to be her moral support at a conference. (S2)
11.30 **Community** (S2)
12.30 AM **Entourage** (S7)
1.50 **Ballers** 5&6/10. (S1)
3.00 **Curb Your Enthusiasm**
4.20 **to 5.00** AM **Veep**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Swan Lake**
8.25 **Watercolour Challenge**
8.55 **Tales of the Unexpected**
9.55 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Rising Stars with Julian Lloyd Webber**
3.00 **Battle of the Irish Dancers** Documentary.
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Guy Garvey: From the Vaults** Focusing on 1976.
9.00 **John & Yoko: Above Us Only Sky**
11.00 **How the Beatles Changed the World**
1.20 AM **Elton John: Million Dollar Piano**
3.45 **Freddie Mercury: Auction Special**
4.45 **Auction**
5.45 **to 6.00** AM **Opera North's Resonance**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 20/20. (S1)
5.00 **Stargate SG-1** (S3)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 2/26. (S1)
8.00 **Primeval** 5/10. (S3)
9.00 **Forensics: Catching the Killer** Documentary.
10.00 **FILM The Good, the Bad and the Ugly** Spaghetti Western with Clint Eastwood. (1966, 15, 155min) ★★★★★
1.10 AM **Warrior** 4/10. (S2)
2.10 **The Force: Manchester**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Ant & Dec's Limitless Win** Husband-and-wife team Richard and Lorna get their chance to face the Limitless Ladder.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Sami takes on the infamous Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Millionaire Hot Seat** Double bill of the big-money quiz hosted by Jeremy Clarkson.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable**
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Location, Location, Location** In Yorkshire.
10.00 **Our Welsh Chapel Dream** Documentary.
11.00 **Come Dine with Me**
11.30 **Four in a Bed**
12.00 NOON **A New Life in the Sun** From Spain.
1.00 PM **A Place in the Sun**
2.00 **A Place in the Sun: What Happened Next?**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **Location, Location, Location** From London.
7.00 **A Place in the Sun**
7.50 **The Great Pottery Throw Down**
9.00 **24 Hours in A&E**
10.00 **Super Surgeons: A Chance at Life**
11.00 **Gogglebox** Double bill.
1.00 AM **Open House: The Great Sex Experiment**
2.05 **Handcuffed: Last Pair Standing** Double bill.
4.05 **to 5.00** AM **Batch from Scratch: Cooking for Less**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 19/26. (S6)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 20/26. (S6)
2.00 **Primeval** 5&6/6. (S5)
4.00 **Stargate SG-1** 12/22. (S3)
5.00 **Star Trek: Voyager** 22/26. Tuvok's shuttle crashes. (S2)
6.00 **Star Trek: The Next Generation** 19/26. A new crew member attracts Captain Picard's attention. (S6)

11.00 True Blood

7.00 Star Trek: Deep Space Nine *His Way:* 20/26. Odo seeks advice on relationships from a suave 1960s crooner. (S6)

8.00 Stargate SG-1 *Jolinar's Memories:* 12/22. Part one of two. Samantha Carter battles to save her father's life. (S3)

9.00 FILM Wynonna Earp: Vengeance Sci-fi Western spin-off starring Melanie Scrofano. Wynonna Earp returns home to battle her greatest foe yet – a psychotic seductress hellbent on revenge. (2024, 15, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 True Blood 7/10. Eric makes a final attempt to save Nora. **12.05** AM 8/10. Sookie faces a major dilemma when deciding whether to broker a deal between Bill and Warlow. (S6)
1.10 **Primeval** 5&6/6. (S5)
3.00 **FILM Wynonna Earp: Vengeance** As 9.00pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S14)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** As 4.00pm.
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **My Life Is Murder** (S1)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S14)
4.00 **The Mentalist** 7/23. Jane tries to expose a medium. (S1)
5.00 **Hudson & Rex** 4/8. A canine-in-training leads her partner to a crime scene. (S7)
6.00 **My Life Is Murder** 5/10. Alexa is not convinced of a hit-and-run driver's claims. (S1)

9.00 CSI: Vegas

7.00 Father Brown *The Penitent Man:* Flambeau is incarcerated under suspicion of murder.

8.00 Death in Paradise *The Stakes Are High:* 2/8. The team enter the high-stakes world of poker when a player is poisoned (S7)

9.00 CSI: Vegas *Coinkydink:* 7/10. A fitness guru is found dead and his future son-in-law is killed in a hunting accident. (S3)

10.00 Death in Paradise *La Murder Le Diable:* 1/8. A masked man stabs a woman in her home on New Year's Eve. (S9)

11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise**
1.00 AM **My Life Is Murder**
2.00 **Murdoch Mysteries** 8/11. Murdoch investigates a murder at the Newsome Estate. (S14)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Highlights**
8.30 **The Green Green Grass**
9.10 **Are You Being Served?**
9.50 **Last of the Summer Wine**
11.10 **Dad's Army**
11.50 **Porridge**
12.30 PM **Keeping Up Appearances**
1.10 **Dad's Army** Double bill.
2.30 **Hi-de-Hi!**
3.10 **Are You Being Served?**
3.50 **Porridge**
4.25 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

6.20 Keeping Up Appearances

7.00 Porridge First episode. Fletcher helps new inmate Godber settle in.
7.40 Dad's Army The bumbling platoon welcome the first American troops to Walmington-on-Sea.
8.20 Are You Being Served? Mrs Slocombe's beloved cat goes missing.

9.00 Bottom Richie and Eddie prepare for their holiday in sunny Doncaster. **9.35** Eddie and Richie find themselves facing a gang of looters.

10.20 Men Behaving Badly Gary gets a visit from his father, which jeopardises his hopes of seducing one of Tony's three girlfriends.

11.00 **Bottom Live: The Big Number 2 Tour** Stage show from 1995. Richie and Eddie try to invite the Queen for supper.
1.30 AM **Bottom** Double bill.
2.55 **Men Behaving Badly**
3.25 **to 4.00** AM **Hi-de-Hi!**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers' Best of British** Cookery books.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
11.00 **Rick Stein's Far Eastern Odyssey** From Vietnam.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **World's Most Dangerous Roads** From Colorado.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Far Eastern Odyssey** From Vietnam.

11.00 Taskmaster

7.00 Would I Lie to You? With Josh Widdicombe, Gemma Cairney, Sophie Hermann and Raj Bisram.
7.40 Richard Osman's House of Games With Catherine Bohart and Meera Syal. **8.20** Guest panellists include Angela Barnes and Denise Van Oute.

9.00 QI XL Guests Dermot O'Leary, Phill Jupitus and Cariad Lloyd join regular panellist Alan Davies and host Stephen Fry.

10.00 Have I Got a Bit More News for You Mel Giedroyc hosts, with guests Jamie MacDonald and Anushka Asthana.

11.00 **Taskmaster** Ed Gamble gets reckless with a frying pan, Katy Wix asks for a pencil, and Jo Brand shares a leisurely sandwich with David Baddiel.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Mike**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.40 **The Bill**
8.35 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
12.55 PM **Classic EastEnders**
2.10 **All Creatures Great and Small** An old school friend comes to visit James.
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Birds of a Feather**
6.00 **Last of the Summer Wine**

8.00 Father Brown

7.20 Last of the Summer Wine Howard finds it hard to hide his new bike from Pearl, and Clegg manages to make things worse.

8.00 Father Brown *The Fire in the Sky:* Kembleford comes under threat of an alien invasion.

9.00 Happy Valley 2/6. Kevin realises the enormity of the situation he has created when Nevison tells him about the kidnappers' demands. (S1)

10.20 New Tricks *Lady's Pleasure:* The team reopen the case of a murdered teacher.

11.40 **Shakespeare & Hathaway: Private Investigators** 4/10. A woman suspects her sisters of killing their father. (S3)
12.40 AM **The Inspector Lynley Mysteries** *For the Sake of Elena.*
2.35 **Birds of a Feather**
3.05 **to 4.00** AM **Catch Me a Killer**

+1 hour 243 316 60 260

Friday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 5-7/24. (S7)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Moonlighting:* 20/24. An NCIS polygraph specialist comes under suspicion. **7.00** *Obsession:* 21/24. Tony becomes obsessed with finding a murder victim's sister. **8.00** *Borderland:* 22/24. A mutilated body is discovered in a car at a scrapyard. (S7)
9.00 **Person of Interest** *ShotSeeker:* 5/13. Reese is assigned to protect an NYPD analyst. **10.00** *A More Perfect Union:* 6/13. Reese and Finch attend a wedding where one of the guests is murdered. (S5)
11.00 **Law & Order: Special Victims Unit** (S23&22)
2.45 AM **Instinct** 7/11. (S2)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Rogue Claimers**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Sister Benita takes on the role of team leader for the first time.
9.00 **999: Critical Condition** A 22-year-old arrives at the emergency department after crashing his motorbike.
10.00 **999: Emergency Call Out** Documentary.
11.00 **Skin A&E**
12.00 M'T **Nightmare Tenants, Slum Landlords**
2.45 AM **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Eggheads**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Winter Road Rescue**
9.40 **Police Interceptors**
11.40 **FILM The Big Gundown** Spaghetti Western. (1966, 15, 84min) ★★
1.30 PM **FILM Rio Lobo** Howard Hawks' Civil War western. (1970, PG, 110min) ★★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PC Will Hunter tries to track down a suspect.
9.00 **Police: Night Shift 999** A shoplifter is cornered in a supermarket.
10.00 **Cops** Double bill.
11.00 **The X-Files** 5/24. (S1)
12.00 M'T **Mud Mountain Haulers** Documentary.
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.20 AM **MasterChef Australia** Culinary series.
7.30 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **Find It, Fix It, Flog It**
11.00 **DIY SOS: Children in Need Special** In Leeds.
12.00 NOON **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **The Supervet: Noel Fitzpatrick** Double bill.
6.00 **DIY SOS: The Big Build**
7.00 **DIY SOS: Children in Need Special** In Leeds.
8.00 **Inside the Ambulance**
9.00 **999 Rescue Squad** A police chase ends with a spectacular crash. **10.00** The team race to save an injured woman trapped in a van crushed between two lorries.
11.00 **Nurses Down Under**
12.00 M'T **Dangerous Breed: Crime. Cons. Cats**
1.20 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Coastal Railway Journeys**
8.00 **Bangers & Cash**
10.00 **War Factories**
11.00 **Rise of the Nazis: Dictators at War**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **War Factories**
5.00 **Rise of the Nazis: Dictators at War**
6.00 **Antiques Roadshow**
7.00 **Simon Reeve's South America** Simon heads to Venezuela, Guyana and Suriname.
8.00 **'Allo 'Allo!** General Von Klinkerhoffen restarts the town newspaper. **8.40** Michelle tries to steal the *Fallen Madonna*. **9.20** Von Klinkerhoffen gets hold of the painting.
10.00 **Bangers & Cash**
2.00 **to 3.00** AM **American History's Biggest Fibs with Lucy Worsley**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** The Isle of Man.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Derbyshire Auction House**
4.00 **Long Lost Family**
6.00 **Money for Nothing**
7.00 **Salvage Hunters**
8.00 **Antiques Road Trip** Raj Bisram and Irita Marriott visit Cornwall.
9.00 **Fixer to Fabulous** New edition The Marrs take on a renovation for a gardening enthusiast.
10.00 **Home Town** New edition An artist craves a country house.
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 5-7/25. (S1)
1.00 PM **The Waltons** (S5)
3.00 **Ballykissangel** (S4)
4.10 **Born and Bred** (S2)
5.20 **Doctor Finlay** 4/8. (S4)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 17/24. Dr Borelli visits to demonstrate his artery transplant technique. **8.00** 18/24. Hawkeye is put under house arrest. **8.30** 19/24. Hawkeye bonds with Hot Lips. (S3)
9.00 FILM **Highlander** Sci-fi thriller with Christopher Lambert, Sean Connery and Roxanne Hart. (1986, 15, 111 min) ★★★★
11.25 **The New Avengers** (S1)
12.25 AM **The Avengers** (S6)
1.25 **M*A*S*H** 17&18/24. (S3)
2.20 **Home to Roost** 1/7. (S1)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM FILM **Firequake** Thriller. (2014, 12) ★
11.00 **The Baron** 24/30. (S1)
12.00 NOON FILM **The Return of Frank James** Western with Henry Fonda. (1940, U, 92min) ★★★★
2.00 PM FILM **Angel and the Badman** Offbeat John Wayne Western. (1947, b/w, U, 100min) ★★★
4.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The New Avengers**
7.00 **The Avengers** (S5)
8.00 **The Baron** 25/30. (S1)
9.00 FILM **Who Dares Wins** Action thriller starring Lewis Collins. (1982, 18, 124min) ★
11.35 FILM **Sniper Elite** Sci-fi action adventure. (2014, 15, 91min) ★★
1.35 AM **The Baron** (S1)
2.35 **The New Avengers**
3.25 FILM **The Virginian** Western. (2014, 12) ★★
5.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM FILM **An Aurora Teagarden Mystery: Dead Over Heels** Drama. (2016, PG, 90min) ★★
10.05 **In Plain Sight** (S1)
11.05 **Castle** 15/23. (S7)
12.05 PM FILM **Mystery 101: Playing Dead** Thriller. (2019, PG, 90min) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 16/23. (S7)
8.00 **Unforgettable** (S1)
9.00 **In Plain Sight** (S1)
10.00 FILM **A Gourmet Detective Mystery: Eat, Drink and Be Buried** Drama. (2017, PG) ★★
11.55 FILM **An Aurora Teagarden Mystery: A Very Foul Play** Thriller. (2019, PG, 85min) ★★
1.50 AM FILM **Girlfriend Killer** (2017, 12) ★★
3.20 **to 5.00** AM FILM **Picture Perfect Lies** Thriller. (2021, PG) ★★

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM FILM **Stepping into Love** (2023, PG) ★★
10.20 FILM **Written in the Stars** (2021, U) ★★
12.20 PM FILM **Brimming with Love** (2017, PG) ★★
2.15 FILM **Two Chefs and a Wedding Cake** Comedy. (2022, U, 91min) ★★
4.15 FILM **Love, Romance and Chocolate** Drama. (2019, U, 84min) ★★
6.10 FILM **Never Too Late to Celebrate** Drama. (2023, PG, 90min) ★★
8.00 FILM **Love in Bloom** Romantic comedy. (2022, U, 87min) ★★
9.55 FILM **A Summer Romance** Drama. (2019, PG, 90min) ★★
11.50 FILM **Christmas on 5th Avenue** Drama. (2021, PG, 130min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Two Chefs and a Wedding Cake** (2022)

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Marcus Wareing's Tales from a Kitchen Garden**
12.45 PM **Edwardian Farm**
2.00 **Country House Auction**
3.00 **New Home DIY**
4.00 **Richard Wilson's Highland Fling**
5.00 **Edwardian Farm**
6.15 **Marcus Wareing's Tales from a Kitchen Garden**
7.00 **Garden Rescue**
8.00 **Country House Auction**
9.00 **Me and My Affair**
10.00 **Real Thick Glasses**
10.15 FILM **School For Sex** Comedy with Rose Alba. (1969, 18, 80min) ★★
12.00 M'T FILM **What's Good for the Goose** Comedy with Norman Wisdom. (1969, 15, 104min) ★
2.00 AM **Marcus Wareing's Tales from a Kitchen Garden**
2.45 **Edwardian Farm**
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.05 PM **The Dustbinmen**
12.35 **Agony** 4/7. (S2)
1.05 **Press Gang** 10/12. (S1)
1.35 **The Champions** (S1)
2.35 **The Prime of Miss Jean Brodie** 2/7. (S1)
3.40 **Mysterious Tales**
3.45 **Hank the Cowboy**
4.00 **Discovering Gardens**
4.30 **Old Country** (S3)
5.00 **Stereo Underground**
6.00 **The Dustbinmen** (S1)
6.30 **Press Gang** 10/12. (S1)
7.00 **Agony** 4/7. (S2)
7.30 **The Gaffer** 4/7. (S2)
8.00 **The Champions** (S1)
9.00 **Riders** 2/2. (S1)
11.05 FILM **Emmanuelle in Soho** (1981, 18) ★
12.25 AM **Stereo Underground**
1.25 **The Prime of Miss Jean Brodie** 2/7. (S1)
2.30 **Riders** 2/2. (S1)
4.35 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Mysterious Creatures With Forrest Galante**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** A new generation of captain step up. **8.00** Following life aboard ship in the Alaskan crab-fishing fleet.
9.00 **Cornwall Air 999** A driver with leg injuries. **10.00** A boy is airlifted following a beach fall.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Hairy Bikers' Mississippi Adventure**
7.00 **The Hairy Bikers' Mediterranean Adventure** In Sardinia.
8.00 **The Pioneer Woman**
9.00 **One-Pan Wonders**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Champagne** Triple bill.
2.30 **James Martin's Brittany**
3.00 **The Hairy Bikers' Mediterranean Adventure** In Sardinia.
4.00 **The Pioneer Woman**
5.00 **One-Pan Wonders**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Man v Food** Double bill.
10.00 **Chef Grudge Match** New edition Michael and Kwini challenge their friends and rivals.
11.00 **Hairy Bikers' Mississippi Adventure**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 25/26. (S5)
9.00 **The A-Team** 7/13. (S5)
10.00 **The Invaders** (S2)
11.00 FILM **The Return of the Man from U.N.C.L.E** Spy thriller spoof. (1983, PG, 93min) ★★★
1.00 PM FILM **The Curse of the Werewolf** Horror. (1961, 12, 92min) ★★★
3.00 FILM **Damn the Defiant!** Period naval adventure. (1962, PG, 97min) ★★★
5.00 **Star Trek** 9/24. (S3)
6.00 **The Invaders** (S2)
7.00 **The A-Team** 8/13. (S5)
8.00 **Walker, Texas Ranger**
9.00 FILM **Assault on Precinct 13** Thriller. (2004, 15, 109min) ★★
11.15 FILM **The Foreigner** Thriller. (2017, 15) ★★
1.30 AM FILM **Blood and Money** Crime thriller. (2020, 15, 89min) ★★
3.20 **to 5.05** AM FILM **Sword of Vengeance** Adventure. (2014, 15, 83min) ★★

+1 hour 318 139

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **Angel and the Bad Man** Western. (2009, PG, 95min) ★★
11.00 **The Lost World** (S2)
12.00 NOON FILM **The Day the Earth Stopped** Thriller. (2008, 15, 90min) ★★
2.00 PM FILM **500 MPH Storm** Disaster movie. (2013, PG, 86min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Dr Terror's House of Horrors** Horror. (1964, PG, 98min) ★★★
7.00 **The Lost World** (S2)
8.00 **The Fall Guy** 2/22. (S3)
9.00 FILM **Hitman** Thriller with Timothy Olyphant. (2007, 15, 100min) ★★★
10.55 FILM **Hamburger Hill** War drama starring Anthony Barrile. (1987, 18, 108min) ★★★★
1.05 AM FILM **Hitman** (2007)
3.00 FILM **Dr Terror's House of Horrors** As 5.00pm.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Canadian Pickers** New edition
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Pawn Stars**
11.10 **Swamp People**
1.05 PM **Canadian Pickers**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Encounter: UFO**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Monster Aliens** New edition
10.00 **UFO POV** New edition
11.00 **Accidental Truth: UFO Revelations**
1.00 AM **Evidence of the Unexplained**
2.00 **Monster Aliens**
3.00 **Swamp People**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Somerset: Wonder of the West Country**
11.00 **Ben Fogle: New Lives in the Wild** From Morocco.
12.00 NOON **Nazi Megastructures: America's War**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.35 **The Yorkshire Vet**
5.05 **World's Most Scenic Railway Journeys**
6.00 **Abandoned Engineering**
7.00 **Nazi Megastructures: America's War**
8.00 **Ben Fogle: New Lives in the Wild** From Australia.
9.00 **Taggart** *Fatal Inheritance:* The Glaswegian cop visits a health farm.
10.50 **1968: Those Were the Days** The events of 1968.
12.55 AM **22 Kids & a Baby**
1.55 **22 Kids & Counting**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**.
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes** Singer Suzanne Shaw takes on *Coronation Street*'s William Roache.
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire?** Quiz show.
4.00 **Bridge of Lies** Quiz.
5.00 **The Bidding Room**
6.00 **Tenable** Game show.
7.00 **The Chase** Triple bill.
10.00 **The Chase Celebrity Special** With guests Sally Lindsay, Jenny Frost, Shaun Williamson and Barry McGuigan.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Triple bill.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.30** 23/24. Howard decides to tell his mother he is engaged to Bernadette. (S4)
9.00 **90 Day Fiancé: Before the 90 Days** New edition Emma and Ziad decide to take their relationship to the next level, Rick confesses a devastating secret to Trish, and Laura finally learns the real truth behind Birkan's debt.
11.00 **Georgie and Mandy's First Marriage**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S6)
1.00 PM **Friends** (S5&6)
7.00 **Friends** 4/25. Ross tries his hand at teaching. **7.30** 5/25. Phoebe looks after the triplets. **8.00** 6/25. Joey and Chandler celebrate their last night as flatmates. **8.30** 7/25. Rachel is embarrassed by Phoebe's jogging style. (S6)
9.00 **Lee Evans: XL Tour**
10.00 **Kerry Godliman: Bandwidth** Stand-up comedy performance.
11.00 **Whose Line Is It Anyway? USA**
12.30 AM **8 Out of 10 Cats**
2.10 **Jack Whitehall: Comedy Central Live**
2.40 **South Park** (S15)
3.30 **Reno 911!** (S4)
3.55 **Key & Peele**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S5)
7.00 **Teleshopping**
9.00 **Spin City** 7&8/26. (S3)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S9)
1.00 PM **Criminally Funny**
2.30 **The Comedy Bus**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 7&8/26. (S3)
7.00 **Everybody Loves Raymond** 1-4/24. (S6)
9.00 **Michael McIntyre's Big Show** With Olly Murs and Stacey Dooley.
10.00 **Friends** Four episodes of the sitcom, including at: **11.30** 5/24. Joey finds out a secret. (S5)
12.00 M'T **Iain Stirling's Roast the Internet**
1.00 AM **Whose Line Is It Anyway? USA**
3.45 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.45 **Steptoe and Son** (S3)
11.20 **Oh, Doctor Beeching!**
11.55 **Rising Damp** 1/6. (S4)
12.25 PM **Man About the...**
12.55 **Goodnight Sweetheart**
1.30 **When the Boat Comes In** 10/10. Sitcom. (S4)
2.35 **Minder** 10/11. (S4)
3.40 **Just Good Friends** (S3)
4.25 **Man About the House**
4.55 **Some Mothers Do 'Ave 'Em** 4/7. Sitcom. (S1)
5.30 **Birds of a Feather** (S11)
6.00 **That's 60s**
6.15 **Steptoe and Son** (S3)
6.50 **Rising Damp** 7/7. (S3)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 4/13. (S8)
9.00 **Benidorm** 1/7. (S7)
9.55 **Shameless** 13/16. (S5)
10.55 **Man About the House**
11.25 **Rising Damp** 6/8. (S2)
11.55 **Benidorm** 1/7. (S7)
12.55 AM **Minder** 1/13. (S2)
1.55 **Till Death Us Do Part**
2.35 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **MTV Cribs**
7.10 **Catfish: The TV Show**
12.00 NOON **Catfish: Love Triangles** Reality show.
1.00 PM **Catfish: The TV Show** Double bill.
3.00 **Catfish: On the Run**
4.00 **Catfish: The TV Show**
5.00 **Dallas Cowboys Cheerleaders**
7.00 **Rich Kids Go Skint** Eight more privileged youngsters spend a week on the breadline.
8.00 **Teen Mom UK: Next Generation** Amelia receives some difficult news.
9.00 **Ink Master: Angels**
10.00 **Tattoo Fixers**
11.00 **Dating Naked**
12.00 M'T **Celebrity Ex on the Beach** Reality series.
1.00 AM **Caught in the Act: Unfaithful** Double bill.
2.45 **Ink Master**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of editions.
7.00 **Diesel Brothers**
9.00 **Hoffman Family Gold**
11.00 **Overhaulin'** Double bill.
1.00 PM **Gold Rush** Double bill.
3.00 **How It's Made** Four editions of the series, including at: **4.00** Binoculars, sparklers and circular saw blades. **4.30** Producing jukeboxes, tortilla chips and spark plugs.
5.00 **Alaska: Homestead Rescue** The Raneys teach a family of six to thrive off-grid together.

10.00 Expedition Unknown

7.00 **Wheeler Dealers** Mike and Ant reminisce about the experiences they have had in the series, including bonus footage.

8.00 **Gold Rush** Parker does the unthinkable to get all of the Golden Mile's paydirt, and Mike Beets finally fires up on the hill.

9.00 **Expedition Files** New edition A look at whether the CIA's mind-control experiments killed one of their own.

10.00 **Expedition Unknown** New edition Josh Gates braves Nicaragua's croc-infested waters to find the Orus.

11.00 **Expedition Bigfoot** The team explore a cave that could be Bigfoot's underground lair.
12.00 M'T **Deadliest Catch** Rick looks for secret fishing grounds.
1.00 AM **Expedition Files**
2.00 **Expedition Unknown**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Fish or Die** From Borneo.
10.00 **Tanked** With Pete Rose.
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Helping a cerebral hypoplasia feline. **4.00** Sara and John try to tame their aggressive cat.
5.00 **Lone Star Law** The wardens look into a suspected poacher.
6.00 **Dr Jeff: Rocky Mountain Vet** The doctor and his team open a mobile clinic in Mexico.

9.00 Alaska: The Last Frontier

7.00 **Treehouse Masters** Pete Nelson returns to build more treehouses, starting with a five-platform structure in Michigan.

8.00 **100 Days Wild** Oliver's refusal to help prep is the last straw for Andrew and Jennifer, while Adam and Evan's hunt is cut short.

9.00 **Alaska: The Last Frontier** Atz Lee and Elvin tackle an emergency mission to secure their cabins at the head of the bay.

10.00 **Alaskan Bush People** Birdie goes on a treacherous hunt to bring home meat for the family and save her chickens.

11.00 **Mountain Monsters** The hunters track down a mysterious cloaked figure.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Richard E Grant's Seven Deadly Sins** The roots of lust.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Dutch Caribbean Coastguards** Documentary.
9.00 **Air Crash Investigation**
10.00 **Rise and Fall of the Mayas**
11.00 **Nazi Megastructures: Battle Ready** The Siegfried Line.
12.00 NOON **Destruction Decoded**
1.00 PM **Car S.O.S** A 1989 Golf.
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Car S.O.S** Reviving a rotting Land Rover Discovery Series 1. **5.00** Joanna Lumley helps to rescue a Frogeye Sprite.
6.00 **Inside Melbourne Airport**

7.00 Air Crash Investigation

7.00 **Air Crash Investigation** Investigating the crash of Continental Connection Flight 3407 in 2009, which killed 51 people.

8.00 **Air Crash Investigation** After losing two engines near enemy territory, US Air Force pilots try to land their damaged plane.

9.00 **Air Crash Investigation** The pilots of a chartered private jet are determined to land at Aspen's tricky single-runway airport.

10.00 **Inside Melbourne Airport** A kangaroo keeps Trent on his toes, and baggage handler Brodie battles jams.

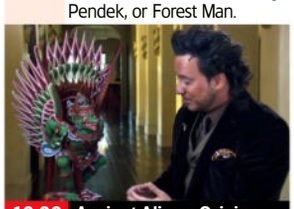
11.00 **Air Crash Investigation** A plane crash may have been caused by abusive behaviour.
12.00 M'T **To Catch a Smuggler**
2.00 AM **Made in a Day**
2.30 **Lords of War** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Death Coast** Double bill.
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Digging for Britain**
1.00 PM **Ancient Aliens: Origins**
3.00 **Close Encounters Down Under** Triple bill of the documentary, including at: **5.00** UFO activity amid Queensland's farming country.
6.00 **The Sumatran Monster** The story of a primate-like creature known as the Orang Pendek, or Forest Man.



10.00 Ancient Aliens: Origins

7.00 **Forged in Fire** Part two of two. The Road to Redemption competition continues with four former smiths remaining.

8.00 **Combat Trains** The story of the Great Locomotive Chase – an attempt by northern spies to steal a steam locomotive.

9.00 **Hitler's Handmaidens** How women were active and violent participants and perpetrators during World War Two.

10.00 **Ancient Aliens: Origins** New edition Sightings of Bigfoot, the Loch Ness Monster and reptilian beings continue.

12.00 M'T **Close Encounters Down Under** Focusing on Queensland's tropical coast. **12.55** AM A plane's loss over the treacherous Bass Strait. **1.50** UFO activity amid Queensland's farming country.
2.50 **Ancient Aliens: Origins**
4.25 **Pawn Stars** Rick makes a deal on a pair of snowshoes.
5.10 **to 6.00** AM **Combat Trains**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **McMillion$**
7.00 **Discovering: John Travolta**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **Lockerbie** 1-4/4. An investigation into the bombing of Pan Am Flight 103 in 1988.
2.00 PM **OJ: Made in America**
4.00 **Discovering: John Travolta**
5.00 **The Directors**
5.55 **100 Foot Wave** 3/5. When the surfers set out to chase a rare swell at Cortes Bank, Garrett McNamara has to deal with painful memories.

8.00 The Man Who Changed...

6.55 **The Comedy Store** 5/5. The transition of leadership at The Store, and how new material is developed on its famous stages.

8.00 **Bowie: The Man Who Changed the World** Documentary celebrating the life and career of David Bowie, combining footage from interviews with the man himself and contributions from those who knew him personally.

10.00 **OJ: Made in America** 5/5. A look at America's reaction to the verdict, and OJ's attempt to begin the next phase of his life.

12.00 M'T **The Story of Late Night** 6/6. A look at contemporary hosts, including Jimmy Fallon, Stephen Colbert, Trevor Noah, James Corden, Seth Meyers and Amber Ruffin.
12.50 AM **George Carlin's American Dream** 1&2/2. The life of the stand-up comedian.
5.00 **to 6.00** AM **Discovering: John Travolta**

Friday

7 PM

8 PM

9 PM

10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** Angus Ashworth sells the treasures of an abbey to fund the monks' retirement.
9.00 **The Repair Shop** The team restore an 18th-century French clock and a microscope. **10.00** Restoring a Victorian railway lamp and a Brownie toadstool.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers: Dream Car** Double bill.
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **10 Steps to Murder**
4.00 **American Monster**
6.00 **Disappeared**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **People Magazine Investigates** New edition A trail of passion exposes the killer of a hairstylist-to-the-stars.
10.00 **The Friday the 13th Murders** After a call, José Herran vanishes.
11.00 **Judge Rinder's Crime Stories**
12.00 M'T **American Monster**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy** Back-to-back editions of the series, including at: **4.25** A woman accuses a friend of taking money owed to her from a sale. **4.50** A stylist accuses her landlord of treating her like an employee. **5.15** When a worker 'disrespects' her angry fiancé, he beats her up. **5.40** All hell breaks loose during a heated custody exchange. **6.05** Jill Zimmerman sues former geometry tutor David Kaspar for the return of fees. **6.30** A beer can hits a woman in the head, and she suffers a concussion.
7.00 **Judge Judy** Real-life small-claims cases.
12.10 AM **Judge Judy** Real-life small-claims cases.
3.05 **to 6.00** AM **Judge Judy**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Britain's Countryside Killers**
10.45 **Teleshopping**
11.00 **48 Hours** Susann Stills.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Britain's Countryside Killers**
4.00 **48 Hours** Documentary.
5.00 **Medical Detectives** A professor helps detectives improve the quality of CCTV footage. **5.30** A bite mark could help solve a murder that occurred after Florida. **6.00** Detectives question dated forensic techniques used to secure an arrest. **6.30** Police try to link two cases of alleged murder after two women are found dead.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Law & Disorder** Documentary.
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Police 24/7**
11.00 **Murders That Shocked the Nation**
12.00 NOON **Killer in My...**
2.00 PM **World's Most Evil...**
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **World's Most Notorious Killers**
10.35 **Police 24/7**
11.35 **What the Killer Did Next** Nadine Aubras.
12.35 AM **How I Caught the Killer** Body in a suitcase.
1.30 **Murders That Shocked...**
2.30 **Murdered at First Sight**
3.30 **Stop, Search, Seize**
4.30 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **The Bush Years...**
8.55 **Thirties in Colour: Countdown to War**
9.55 **Bombshell** As 8.55pm.
11.50 **Dad's Secret War: France 1944**
1.00 PM **Thirties in Colour: Countdown to War**
2.00 **The Bush Years: Family, Duty, Power**
2.55 **Thirties in Colour: Countdown to War**
3.55 **Dad's Secret War: France 1944**
5.05 **Bombshell** As 8.55pm.
6.55 **The Bush Years: Family, Duty, Power**
7.55 **Thirties in Colour: Countdown to War**
8.55 **NEW Bombshell** How the US government manipulated opinion on atomic bombs.
10.45 **Once Upon a Time in Northern Ireland**
12.00 M'T **The Bush Years: Family, Duty, Power**
1.00 **to 2.00** AM **Weathered: Earth's Extremes**

Sky Nature

124/125 113/114 135 354 369

- 6.00 AM **Ol Pejeta Diaries**
- 7.00 **Monkey Life**
- 8.00 **Great Parks of Africa**
- 9.00 **Orangutan Jungle School**
- 10.00 **Reef Wrecks**
- 11.00 **Malawi Wildlife Rescue**
- 12.00 NOON **Deep Dive North America** Documentary.
- 1.00 PM **Monkey Life**
- 2.00 **Great Parks of Africa**
- 3.00 **Orangutan Jungle School**
- 4.00 **Reef Wrecks**
- 5.00 **Uptown Otters**
- 6.00 **Deep Dive North America**
- 7.00 **Monkey Life** Double bill.
- 8.00 **Extraordinary Animals**
- 9.00 **Wildlife ER**
- 10.00 **Deep Dive North America** Lizzie Daly explores North America's coastlines.
- 11.00 **Uptown Otters**
- 12.00 M'T **Malawi Wildlife Rescue**
- 1.00 AM **Ol Pejeta Diaries**
- 2.00 **Extraordinary Animals**
- 3.00 **Wildlife ER**
- 4.00 **Great Parks of Africa**
- 5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

- 6.00 AM **World's Most Unexplained**
- 7.00 **Life After People**
- 8.00 **What on Earth?**
- 9.00 **The Abyss: Rise & Fall of the Nazis** As shown at 7.00pm.
- 10.00 **Combat Trains**
- 11.00 **Ancient Aliens**
- 1.00 PM **Alien Files: Unsealed**
- 2.00 **Walking Through History**
- 3.00 **Inside the Tower of London**
- 4.00 **World's Most Unexplained**
- 5.00 **Life After People**
- 6.00 **What on Earth?**
- 7.00 **The Abyss: Rise & Fall of the Nazis** How discrimination against Jews was evident in 1934.
- 8.00 **Combat Trains** Exploring how guerilla warfare was used against the Ottoman railways.
- 9.00 **The Nostradamus Effect**
- 10.00 **Secrets Declassified with David Duchovny**
- 11.00 **Ancient Aliens**
- 1.00 AM **Alien Files: Unsealed**
- 2.00 **Walking Through History**
- 3.00 **Inside the Tower of London**
- 4.00 **World's Most Unexplained**
- 5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

- 8.00 AM **How the Universe Works**
- 11.00 **Richard Hammond's Big**
- 12.00 NOON **Arctic Rescue**
- 1.00 PM **Blowing Up History**
- 3.00 **NASA's Unexplained Files**
- 6.00 **How Do They Do It?**
- 9.00 **Mummies Unwrapped** Ramy Romany investigates the story of a missing mummified body that could re-write the history of Abraham Lincoln's assassination.
- 10.00 **Secrets Underground** Rob Nelson investigates subterranean secrets from around the world, beginning with mysterious rocks at the bottom of Lake Michigan known as 'Underwater Stonehenge'. **11.00** **Cooper's Treasure** Darrell Miklos puts his gear to the ultimate test during bad weather on the Columbus trail. **12.00** M'T Darrell attempts to decode a map created by ex-astronaut Gordon Cooper.
- 1.00 AM **NASA's Unexplained Files**
- 4.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

- 6.00 AM **The First 48**
- 7.00 **Homicide Hunter**
- 9.00 **Court Cam**
- 11.00 **Meet, Marry, Murder**
- 2.00 PM **Accident, Suicide or Murder?** Four editions.
- 6.00 **The First 48**
- 7.00 **Cold Case Files**
- 8.00 **Accident, Suicide or Murder?** A party in the home of a basketball player turns deadly.
- 9.00 **My Strange Arrest** Officers find a raccoon with a meth pipe. **9.30** In Las Vegas, a man gets naked on top of a poker table.
- 10.00 **Court Cam** New editions The judge has stern words for a man convicted of killing his mother. **10.30** A murder suspect makes a daring escape attempt.
- 11.00 **Ozark Law**
- 12.00 M'T **Britain's Darkest Taboos**
- 1.00 AM **Interrogation Raw**
- 2.00 **Homicide Hunter**
- 3.00 **Imperfect Murder**
- 5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

- 8.00 AM **Yukon Vet**
- 9.00 **Fish Tank Kings**
- 10.00 **America the Wild**
- 11.00 **Wild, Smart and Deadly**
- 12.00 NOON **The Incredible Dr Pol**
- 1.00 PM **Yukon Vet**
- 2.00 **Reptile Planet**
- 3.00 **The Hidden Kingdoms of China**
- 4.00 **Secrets of the Zoo**
- 5.00 **Ultimate Airport Dubai**
- 6.00 **Yukon Vet**
- 7.00 **Secrets of the Zoo** The zoo tries to make history by incubating a clutch of rare temple turtle eggs.
- 8.00 **Africa's Deadly Kingdoms** Exploring the reef systems on Africa's southern coastline, which are home to a wide range of marine creatures. **9.00** A look at the wildlife of Africa's vast grasslands.
- 10.00 **Alaska: The Next Generation**
- 11.00 **Ice Road Rescue**
- 12.00 M'T **Africa's Hunters**
- 1.00 AM **Animal Fight Club**
- 2.00 **The Incredible Dr Pol**
- 3.00 **Yukon Vet**
- 4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

174 147 181

- 7.00 AM **World's Deepest Goldmine**
- 8.00 **Salvage Hunters: Classic Cars**
- 9.00 **Combat Dealers**
- 10.00 **Blowing Up History**
- 12.00 NOON **How the Universe Works** Experts analyse what happens when galaxies collide.
- 1.00 PM **NASA's Unexplained Files**
- 2.00 **Aliens in Alaska**
- 3.00 **Expedition Unknown**
- 4.00 **Expedition X**
- 5.00 **Mysteries at the Museum**
- 7.00 **How the Universe Works**
- 8.00 **World's Deepest Goldmine** Hazardous conditions facing underground workers at Mponeng mine in South Africa.
- 9.00 **Ancient Unexplained Files** Examining the origins of two mysterious Egyptian mummies.
- 10.00 **How Do They Do It?**
- 11.00 **Massive Engineering Mistakes**
- 12.00 M'T **Mysteries at the Museum**
- 2.00 AM **How the Universe Works**
- 3.00 **NASA's Unexplained Files**
- 4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

- 9.00 AM **Abandoned Engineering**
- 1.00 PM **Abandoned Engineering**
- 5.00 **Three Up, Two Down**
- 5.40 **Yes, Prime Minister**
- 8.20 **Three Up, Two Down** 6/6. Sam joins in on an invite to lunch in Cheltenham, but the journey back to London is more eventful than anticipated. (S4)
- 9.00 **Yes, Prime Minister** 5/8. The government faces financial ruin, but that does not seem to worry Sir Humphrey, who goes to extreme lengths to get his pay rise approved. **9.40** 6/8. Jim has his first encounter with the staff at the Foreign Office. **10.20** 7/8. Jim attempts to appoint a new bishop. **11.00** 8/8. MI5 reveals its former head was a double agent who worked as a Russian spy. (S1)
- 11.40 **Three Up, Two Down**
- 12.20 AM **Yes, Prime Minister**
- 3.00 **Three Up, Two Down**
- 3.30 **to 6.00** AM **Yes, Prime Minister**

+1hour 266 376

ID

154 140 166

- 8.00 AM **Murder Chose Me**
- 9.00 **American Monster**
- 11.00 **Disappeared**
- 12.00 NOON **Evil Lives Here: Shadows of Death**
- 1.00 PM **American Monster**
- 3.00 **Disappeared**
- 4.00 **Evil Lives Here: Shadows of Death** The murder of an officer during a routine traffic stop.
- 5.00 **On the Case with Paula Zahn**
- 7.00 **Faking It: Tears of a Crime** The 2016 murder of author Helen Bailey by her partner Ian Stewart, who had earlier helped volunteers in her search. **8.00** The case of Levi Bellfield.
- 9.00 **A Killer Among Friends** A gunman kills a University of Kentucky football player at his own birthday party.
- 10.00 **Portals to Hell**
- 11.00 **Haunted Towns**
- 12.00 M'T **The Dead Files**
- 2.00 AM **On the Case with Paula Zahn** Double bill of editions.
- 4.00 **to 6.00** AM **Faking It: Tears of a Crime**

+1hour 254 366

Discovery Turbo

161/172 146 180

- 7.00 AM **Wheeler Dealers**
- 8.00 **Motor Pickers**
- 9.00 **Outback Truckers**
- 10.00 **Salvage Hunters: Classic Cars**
- 11.00 **Shed and Buried**
- 12.00 NOON **Richard Hammond's Workshop** Neil promises to help a friend with his 1930s Morris 8.
- 1.00 PM **Bad Chad Customs**
- 2.00 **Salvage Hunters: Classic Cars**
- 3.00 **Outback Truckers**
- 4.00 **Shed and Buried: Classic Cars**
- 5.00 **Motor Pickers**
- 6.00 **Wheeler Dealers**
- 7.00 **Shed and Buried**
- 8.00 **Shed and Buried: Classic Cars** Henry and Fuzz discover a shed full of rare gems in Bedfordshire.
- 9.00 **Holden Bros. Restos**
- 10.00 **Outback Truckers**
- 11.00 **Wheeler Dealers**
- 12.00 M'T **Shed and Buried: Classic Cars** As 8.00pm.
- 1.00 AM **Richard Hammond's Workshop** As 12.00noon.
- 2.00 **Iron Resurrection**
- 3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

- 7.00 AM **Pets on a Train** (2025)
- 8.35 PREMIERE **Materialists**
- 10.40 **Icefall** As shown at 10.00pm.
- 12.25 PM **Pets on a Train** Animation. (2025, PG, 87min) ★★★
- 1.55 **Adulthood** Comedy drama. (2025, 15, 97min) ★★★
- 3.40 **I Know What You Did Last Summer** Horror reboot. (2025, 15, 119min) ★★★
- 5.40 **Jurassic World: Rebirth** Fantasy with Scarlett Johansson. (2025, 12, 133min) ★★★

8.00 Materialists

8.00 PREMIERE Materialists Romantic comedy starring Dakota Johnson, Chris Evans and Pedro Pascal. A professional matchmaker is torn between the perfect match and her imperfect ex. (2025, 15, 116min) ★★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Icefall Thriller starring Joel Kinnaman. A game warden captures a poacher, only to discover he's aware of the location of a plane carrying millions of dollars frozen in a lake. (2025, 15, 95min)

- 11.45 **Bone Lake** Thriller starring Alex Roe and Maddie Hasson. (2024, 18, 94min) ★★★
- 1.30 AM **Bring Her Back** Mystery thriller starring Sally Hawkins. (2025, 18, 104min) ★★★★
- 3.20 **King Ivory** Thriller starring James Badge Dale and Ben Foster. (2024, 15, 135min)
- 5.35 **to 7.25** AM **Adulthood** (2025)

Sky Cinema Action Heroes

303 303 403 503 517

- 6.35 AM **Rampage** Fantasy. (2018, 12, 107min) ★★★
- 8.25 **Jackie Chan's First Strike** Thriller. (1996, 12, 83min) ★★
- 10.05 **Streetfighter** Action drama. (1994, 12, 102min) ★★
- 12.05 PM **Mad Max** As 12.20am.
- 1.55 **Demolition Man** Sci-fi thriller. (1993, 15, 114min) ★★★
- 3.55 **Justice League** Adventure. (2017, 12, 120min) ★★
- 6.00 **The Beekeeper** Action thriller. (2023, 15, 105min) ★★★

6.00 The Beekeeper

8.00 Fast & Furious 5 Action thriller sequel starring Vin Diesel, Paul Walker and Jordana Brewster. A trio of car thieves assemble a crack team to steal a Rio de Janeiro drug lord's money. With Dwayne Johnson. (2011, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Blade Action adventure chiller based on the Marvel Comic character, starring Wesley Snipes as the half-human, half-vampire warrior Blade. With Stephen Dorff and Kris Kristofferson. (1998, 18, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.20 AM **Mad Max** Cult thriller. (1979, 15, 93min) ★★★★★
- 1.55 **Vendetta** Action thriller. (2022, 15, 96min) ★★
- 3.40 **Long Gone Heroes** Thriller. (2024, 15, 101min) ★★★
- 5.30 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

- 7.45 AM **The Friend** Drama. (2024, 15, 120min) ★★★★
- 9.55 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
- 12.10 PM **Little Women** Screen version of Louisa May Alcott's tale. (1994, U, 114min) ★★★
- 2.10 **Terms of Endearment** Comedy drama. (1983, 15) ★★★★★
- 4.25 **The Cut** Psychological thriller. (2024, 12, 99min) ★★★
- 6.10 **The Damned United** Sports biopic starring Michael Sheen. (2009, 15, 98min) ★★★★
- 8.00 **Darkest Hour** Biographical drama starring Gary Oldman. British prime minister Winston Churchill seeks to rally the nation against Germany's advance across Western Europe. (2017, PG, 122min) ★★★
- 10.05 **The Bodyguard** Romantic thriller starring Kevin Costner and Whitney Houston. (1992, 15, 129min) ★★★
- 12.15 AM **American Sniper** Biopic starring Bradley Cooper. (2014, 15, 127min) ★★★★
- 2.30 **A Star Is Born** Music drama starring Lady Gaga and Bradley Cooper, who also directed. (2018, 15, 136min) ★★★★★
- 4.50 **to 7.00** AM **Darkest Hour**

Sky Cinema Sci-fi/Horror

311 311 411 511 525

- 7.15 AM **Friendship's Death** Sci-fi drama. (1987, 15, 78min) ★★★
- 8.35 **Out of Darkness** Prehistoric horror. (2022, 15, 88min) ★★★
- 10.10 **Blade: Trinity** Adventure chiller sequel. (2004, 15, 113min) ★★★
- 12.05 PM **Westworld** Sci-fi thriller. (1973, 15, 89min) ★★★★
- 1.40 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★
- 3.35 **The Shining** Director Stanley Kubrick's chilling adaptation of the Stephen King bestseller. (1980, 15, 119min) ★★★★★
- 6.00 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
- 8.00 **Blade Runner** Ridley Scott's thriller starring Harrison Ford. (1982, 15, 130min) ★★★★★
- 10.00 **The Exorcist** Horror starring Max von Sydow, Linda Blair, Jason Miller and Ellen Burstyn. (1973, 18, 121min) ★★★★★
- 12.05 AM **Smile 2** Horror sequel. (2024, 18, 127min) ★★★★
- 2.15 **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
- 4.00 **The Ritual** Horror thriller. (2017, 15, 94min) ★★★
- 5.50 **to 6.50** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.40 AM **Spy Kids 3: Game Over** Sci-fi comedy. (2003, U) ★★★
8.05 **The Witches** (1989) ★★★★
9.40 **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★
11.00 **Penguins of Madagascar** Animation. (2014, U) ★★★★
12.35 PM **Madagascar: Escape 2 Africa** (2008, PG) ★★★
2.10 **Despicable Me 4** (2024) ★★★
3.50 **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★
6.00 **Free Willy** (1993, U) ★★★★

6.00 Free Willy

8.05 **Babe** Comedy drama about a talking pig who wants to be a sheepdog. Stars James Cromwell and Magda Szubanski, with the voices of Christine Cavanaugh and Miriam Margolyes. (1995, U, 92min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy starring Henry Thomas and Drew Barrymore. A young LA boy befriends an alien who has been left behind by his spaceship. (1982, U, 114min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★
1.35 AM **The Hobbit: The Battle of the Five Armies** Fantasy. (2014, 12, 144min) ★★★
4.15 **to 6.10** AM **Breaking Point** Drama starring Karam Singh. (2023, 12, 102min) ★★★

Sky Cinema Action

307 307 407 507 521

7.45 AM **The Patriot** Epic drama. (2000, 15, 167min) ★★★
10.35 **The Good, the Bad and the Ugly** As shown at 2.35am.
1.35 PM **2 Fast 2 Furious** Thriller sequel starring Paul Walker. (2003, 12, 108min) ★★★
3.35 **Jurassic Park** Steven Spielberg's monster thriller. (1993, PG, 127min) ★★★★★
5.45 **Batman Returns** Comic-book adventure with Michael Keaton. (1992, 12, 121min) ★★★★

5.45 Batman Returns

8.00 **The Lost World: Jurassic Park** Steven Spielberg's monster thriller sequel starring Jeff Goldblum and Julianne Moore. A survivor of the Jurassic Park catastrophe goes to a second island also populated by genetically engineered dinosaurs. (1997, PG, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Fast & Furious Presents Hobbs & Shaw** Action adventure spin-off starring Dwayne Johnson and Jason Statham. (2019, 12, 137min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Bumblebee** *Transformers* prequel with Hailee Steinfeld. (2018, PG, 114min) ★★★★
2.35 **The Good, the Bad and the Ugly** Sergio Leone's classic Spaghetti Western. (1966, 15, 155min) ★★★★★
5.35 **to 7.35** AM **Novocaine** Action comedy starring Jack Quaid. (2024, 15, 80min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.55 AM **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★
8.40 **The Whole Nine Yards** Black comedy thriller. (2000, 15) ★★
10.30 **The Intern** (2015, 12) ★★★★
12.35 PM **Role Models** Comedy. (2008, 15, 99min) ★★★★
2.20 **How to Lose a Guy in 10 Days** Comedy. (2003, 12) ★★★
4.20 **School of Rock** Comedy. (2003, PG, 109min) ★★★★
6.15 **Zoolander 2** Comedy sequel. (2016, 12, 102min) ★★★

9.30 The Sweetest Thing

8.00 **The Naked Gun** Comedy reboot starring Liam Neeson. Frank Drebin Jr must save his police department from closure by solving a tough case. (2025, 15, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **The Sweetest Thing** Romantic comedy starring Cameron Diaz. A lovelorn young woman embarks on a quest to find the man of her dreams after meeting him in a bar and failing to find out his name. (2002, 15, 89min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
12.50 AM **The Hangover Part II** Dark comedy sequel. (2011, 15, 101min) ★★
2.35 **The Hangover Part III** Dark comedy sequel with Bradley Cooper. (2013, 15, 100min) ★★
4.20 **to 6.05** AM **Mean Machine** Sports drama starring Vinnie Jones. (2001, 15, 99min) ★★

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **The Cinema List**
7.20 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
9.45 **The Fugitive** Action thriller. (1993, 15, 128min) ★★★★★
12.00 NOON **The Perfect Storm** Fact-based action drama. (2000, 12, 129min) ★★★★
2.10 PM **RocknRolla** As 10.00pm.
4.15 **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★
6.00 **Lethal Weapon** Action thriller. (1987, 15, 110min) ★★★★

10.00 RocknRolla

8.00 **Lethal Weapon 2** Action comedy thriller sequel starring Mel Gibson and Danny Glover as hard-hitting LA cops on the trail of a murderous South African drug trafficker. With Joe Pesci and Joss Ackland. (1989, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **RocknRolla** Guy Ritchie's crime comedy thriller starring Gerard Butler, Tom Hardy and Idris Elba. (2008, 15, 110min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Krays** Crime drama starring Gary and Martin Kemp as the notorious gangster twins Reg and Ronnie Kray, who ran London's underworld in the 1960s. (1990, 18, 119min) ★★★
2.05 AM **Dirty Harry** Classic police thriller starring Clint Eastwood. (1971, 15, 103min) ★★★★★
4.00 **to 6.00** AM **The Thicket** Western with Peter Dinklage. (2024, 15, 108min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Western Union** Western. (1941, b/w, U, 94min) ★★★
12.55 PM **The Admirable Crichton** Satire. (1957, U, 93min) ★★★
2.45 **The Bedford Incident** Adventure thriller. (1965, b/w, PG, 105min) ★★★
4.50 **Garden of Evil** Western. (1954, PG, 100min) ★★
6.55 **Central Intelligence** Action comedy with Dwayne Johnson. (2016, 12, 107min) ★★★

11.15 John Wick: Chapter 3

Central Intelligence (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Men in Black: International** Fantasy comedy sequel starring Chris Hemsworth and Tessa Thompson. The intergalactic law enforcers tackle their biggest threat – a mole in the Men in Black organisation. (2019, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.15 **John Wick: Chapter 3 – Parabellum** Action thriller sequel starring Keanu Reeves and Halle Berry. The seemingly invincible assassin returns, this time hunted by armies of bounty hunters. (2019, 15, 130min) ★★★★
1.50 **to 4.00** AM **The Lodge** Horror starring Riley Keough. (2019, 15, 108min) ★★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Award Season

302 302 402 502 516

7.45 AM **Children of Men** (2006)
9.35 **An Officer and a Gentleman**
11.40 **Batman** Comic-book adventure. (1989, 15, 121min) ★★★★
1.50 PM **Amadeus** Historical drama. (1984, PG, 158min) ★★★★★
4.30 **Children of Men** Sci-fi thriller. (2006, 15, 109min) ★★★★★
6.20 **Gravity** Thriller starring Sandra Bullock and George Clooney. (2013, 12, 91min) ★★★★★

8.00 **Interstellar** Sci-fi drama starring Matthew McConaughey, Anne Hathaway and Michael Caine. A spacecraft goes in search of a new home for the human race before a devastated Earth becomes uninhabitable. (2014, 12, 166min) ★★★★
10.50 **Inception** Christopher Nolan's sci-fi thriller starring Leonardo DiCaprio. A corporate spy assembles a team to infiltrate the dreams of a billionaire. (2010, 12, 148min) ★★★★★

1.20 AM **A Clockwork Orange** Stanley Kubrick's futuristic satire. (1971, 18, 136min) ★★★★
3.40 **An Officer and a Gentleman** Romantic drama starring Richard Gere and Debra Winger. (1981, 15, 125min) ★★★★
5.45 **to 7.20** AM **Gravity** As 6.20pm.

Sky Cinema Greats

304 304 404 504 518

6.15 AM **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
7.50 **Billy Madison** As 2.45am.
9.25 **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
11.20 **Arthur** Comedy starring Dudley Moore. (1981, 15, 93min) ★★★★
1.05 PM **Big Daddy** Comedy. (1999, 12, 95min) ★★★
2.40 **American Pie** Teen comedy. (1999, 15, 96min) ★★★★

4.20 **The Wedding Singer** Romantic comedy starring Adam Sandler. (1998, 12, 97min) ★★★★
6.00 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy. (1984, 15, 105min) ★★★★
8.00 **Beverly Hills Cop II** Comedy thriller sequel starring Eddie Murphy. (1987, 15, 99min) ★★★
9.45 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy. (1994, 15, 104min) ★★
11.30 **Risky Business** Comedy drama. (1983, 18, 98min) ★★★★

1.15 AM **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
2.45 **Billy Madison** Comedy starring Adam Sandler and Darren McGavin. (1995, PG, 90min) ★★
4.20 **Sky Cinema Preview**
5.20 **to 7.15** AM **Shirley Valentine**

Sky Cinema Animation

305 305 405 500 514

7.10 AM **Noah's Ark** As 1.05am.
8.55 **Pets on a Train** As 7.35pm.
10.35 **The Ant Bully** Animation. (2006, U, 89min) ★★★★
12.15 PM **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
2.05 **DC League of Super-Pets** Animated comedy adventure. (2022, PG, 105min) ★★★
4.00 **The Angry Birds Movie** Animation. (2016, U) ★★★

5.50 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
7.35 **Pets on a Train** Animation with the voice of Wyatt Bowen. (2025, PG, 87min) ★★★
9.15 **Monsters vs Aliens** Animated sci-fi monster movie with the voice of Reese Witherspoon. (2009, PG, 90min) ★★★
11.05 **Rango** Animated Western. (2011, PG, 103min) ★★★★
1.05 AM **Noah's Ark** Animation. (2024, U, 96min) ★★★

2.50 **Into the Wonderwoods** Animation. (2024, U) ★★★
4.25 **Batman Unlimited: Mechs vs Mutants** Animated adventure. (2016, PG, 72min) ★★★
5.50 **to 7.15** AM **Tom and Jerry Cowboy Up!** Animation. (2021, U, 71min) ★★★

Movies 24

312 313 419

7.00 AM **A Bridesmaid in Love** Comedy. (2022, PG, 87min) ★★
9.00 **My Dreams of You** Romantic drama. (2024, PG, 90min) ★★
11.00 **Love & Jane** Romantic fantasy. (2024, PG, 84min) ★★
1.00 PM **Love Marks the Spot** Romantic adventure. (2023, PG, 86min) ★★
3.00 **Retreat to You** Romantic drama. (2023, PG, 90min) ★★

5.00 **Mystery Island: House Rules** Drama. (2024, PG, 84min) ★★
7.00 **Paging Mr Darcy** Romance starring Mallory Jansen and Will Kemp. (2024, PG, 84min) ★★
9.00 **Caught by Love** Romance starring Rachael Leigh Cook and Luke Macfarlane. A resort guest on a journey of self-discovery gets swept into an undercover investigation for stolen jewels. (2026, PG, 84min) ★★
11.00 **A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★

1.00 AM **For Love & Honey** Romantic comedy drama. (2024, U, 84min) ★★
3.00 **to 5.00** AM **You, Me, and That Mountain Retreat** Romantic comedy. (2023, PG, 86min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Law of the Plainsman**
6.30 **The Black Rider** Crime drama. (1954, b/w, U, 66min) ★★
7.50 **Nearest and Dearest** Comedy spin-off. (1972, 12, 84min) ★★
9.35 **The Hostages** Family drama. (1975, U, 60min) ★★★
10.45 **Crooks in Cloisters** Comedy caper. (1963, U, 97min) ★★★
12.45 PM **Edgar Wallace Mystery Theatre** 9/11. (S2)

1.55 **The Boys** Courtroom drama. (1962, b/w, PG, 123min) ★★
4.25 **Cinebox Memories**
4.30 **The Cheaters** 2/12. (S1)
5.00 **Tarnished Heroes** War drama. (1961, b/w, U, 75min) ★★★
6.35 **Food Flash: Chester Orange Juice** Short promotional film.
6.40 **Bombay Waterfront** Mystery. (1952, b/w, U, 71min) ★★★
8.00 **Z Cars** 2/42. (S2)
9.05 **Supernatural** 5/8. (S1)
10.10 **The Manster** Sci-fi horror. (1960, b/w, 18, 73min) ★★★

11.45 **Hammer House of Mystery and Suspense** 3/13. (S1)
1.15 AM **Twilights Last Gleaming** Thriller starring Burt Lancaster. (1977, PG, 146min) ★★★★
4.05 **Star of My Night** Romantic drama. (1954, b/w, U, 70min) ★
5.30 **to 6.00** AM **Out of Town**

Friday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **F1 Academy**
6.45 **LIVE Formula 1** The Chinese Grand Prix sprint qualifying session at Shanghai International Circuit. Start-time **7.30am**.
9.00 **Formula 1** Chinese Grand Prix.
11.15 **F1 Feature**
11.30 **LIVE Players Championship** Coverage of day two from TPC Sawgrass in Ponte Vedra Beach, Florida. Akshay Bhatia and Min Woo Lee shared the lead on 11-under at the halfway stage last year, with notable players to miss the cut including Hideki Matsuyama and Matt Fitzpatrick.
7.00 PM **LIVE EFL** **Wrexham v Swansea City.** The Championship match from StoK Racecourse. Kick-off **8.00pm**.
10.30 **LIVE WTA & ATP Tennis** The women's semi-finals of the Indian Wells Open from Indian Wells Tennis Garden.
2.25 AM **LIVE Formula 1** Coverage of the Chinese Grand Prix sprint race at Shanghai International Circuit. Start-time **3.00am**.
4.30 **Ted's Notebook**
5.00 **Sky Sports News**
5.30 **to 6.00** AM **F1 Academy**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Stories**
9.30 **The Big Interview**
10.00 **Sky Sports FC**
12.00 NOON **Total Football**
5.00 PM **Premier League Friday** Roman Kemp hosts the essential Premier League weekend preview show with big-name interviews.
7.00 **Premier League Preview** A look ahead to the weekend's Premier League matches.
7.30 **The Big Interview** With a Premier League personality.
8.00 **Fantasy Show** Fantasy Premier League advice with Kelly Somers
8.30 **Premier League Stories** With Aston Villa manager Unai Emery.
9.00 **Premier League Preview**
9.30 **The Big Interview**
10.00 **Fantasy Show** Advice.
10.30 **Premier League Stories**
11.00 **Premier League Years** A look back at the 2024/25 season.
1.00 AM **PL Retro** Liverpool v Manchester City from 2018.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
9.30 **Championship Season Review**
11.00 **Best Goals: EFL Cup 24/25**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Weekly**
1.00 **EFL League One Goals**
1.30 **EFL League Two Goals**
2.00 **EFL Highlights** Recent action.
4.00 **Bundesliga Weekly**
4.30 **EFL League One Goals**
5.00 **EFL League Two Goals**
5.30 **EFL Highlights** Recent action.
7.00 **LIVE EFL** **Wrexham v Swansea City.** The Championship match between the Welsh rivals held at StoK Racecourse. Adam Idah's strike in the first minute of second-half stoppage time gave the Swans a 2-1 win in December's reverse victory. However, Wrexham will be hopeful of avenging that defeat this evening. Kick-off **8.00pm**.
10.30 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup Final 17**
5.00 **to 6.00** AM **SPFL Special: Celtic's Invincibles**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** Highlights.
8.00 **Men's T20 World Cup** Sri Lanka v New Zealand. **8.30** West Indies v South Africa.
9.00 **IPL** Royal Challengers Bengaluru v Punjab Kings at N arendra Modi Stadium in Ahmedabad.
10.00 **Men's T20 World Cup** The Super Eight match between England and New Zealand from R.Premadasa Stadium, Colombo.
11.00 **Test Cricket** The third Test in the three-match series between England and India at Lord's.
4.00 PM **IPL** Action from Mumbai Indians v Lucknow Super Giants at Wankhede Stadium in Mumbai. **5.00** Highlights of Royal Challengers Bengaluru v Punjab Kings at Narendra Modi Stadium.
6.00 **Test Cricket** Action from all five days of the third Test in the three-match series between England and India at Lord's.
11.00 **IPL** Action from Delhi Capitals v Royal Challengers Bengaluru at Arun Jaitley Stadium in Delhi.
12.00 M'T **IPL** Highlights of Rajasthan Royals v Gujarat Titans from Sawai Mansingh Stadium, Jaipur.
1.00 **to 6.00** AM **Test Cricket**

Sky Sports Golf

406 406 506 423 443

6.00 AM **The Players Championship**
7.00 **The Players Championship Official Film** From 2023.
8.00 **The Players: The Golden Era**
9.00 **The Players Championship**
10.00 **Rory's 2025** Rory McIlroy.
11.30 **LIVE Players Championship** Coverage of day two of the prestigious tournament from TPC Sawgrass in Ponte Vedra Beach. Akshay Bhatia and Min Woo Lee shared the lead on 11-under at the halfway stage last year.
11.00 PM **The Players Championship Official Film** From 2019.
12.00 M'T **Golf Academy**
12.30 AM **LIVE Ladies European Tour Golf** Coverage of day three of the Women's Australian Open at Kooyonga Golf Club in Adelaide.
5.30 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
11.00 **WTA Tennis** Ostrava Open final.
12.00 NOON **Tennis** Eisenhower Cup.
2.00 PM **WTA & ATP Tennis**
6.00 **LIVE WTA & ATP Tennis** The men's doubles semi-finals on day 10 of the Indian Wells Open at Indian Wells Tennis Garden.
9.00 **LIVE WTA & ATP Tennis** Coverage of the women's semi-finals on day 10 of the Indian Wells Open at Indian Wells Tennis Garden in California. The number one seed in last year's draw, Aryna Sabalenka, was in imperious form as she quickly dispatched home favourite Madison Keys in a 6-0 6-1 win.
3.00 AM **WTA & ATP Tennis**
4.00 **to 6.00** AM **ATP/WTA Tour Classic Matches**

TNT Sports 1

410 413 521 408 430

6.30 AM **Winter Paralympic Games Highlights** The latest action.
7.30 **Men's Cycling**
8.30 **LIVE AFL** **Essendon Bombers v Hawthorn Hawks.** From Melbourne Cricket Ground. Bounce-up **8.40am**.
11.30 **The Breakdown**
12.00 NOON **LIVE Cycling** Stage five of the men's Tirreno Adriatico.
2.45 PM **LIVE Cycling** Coverage of the sixth stage of the men's Paris-Nice race, featuring a 179.3km route from Barbentane to Apt.
4.15 **Playing for Our Future**
4.30 **Inside Serie A**
5.00 **LIV Golf** From Singapore.
6.30 **Premier League Preview**
7.00 **The Fantasy Show**
7.30 **World Rally Championship**
8.00 **UEFA Europa League & Conference League Highlights**
9.00 **UEFA Champions League**
9.30 **Ella Toone's Away Days**
10.00 **LIV Golf** From Singapore.
11.30 **Winter Paralympic Games**
12.30 AM **Premier League Preview**
1.00 **to 7.00** AM **LIVE LIV Golf** Coverage from the third day of the fourth round of the season, held at Sentosa Golf Club in Singapore.

TNT Sports 2

411 414 522 409 431

6.00 AM **UEFA Europa League & Conference League Highlights**
7.00 **UEFA Champions League**
8.00 **LIVE Isuzu UTE A-League** **Brisbane Roar v Western Sydney Wanderers.** Kick-off **8am**.
10.00 **Cycling** Race highlights.
12.00 NOON **Ultimate Pool**
1.30 PM **Kenny Allstar's Number 1's**
1.45 **Inside Serie A**
2.15 **LIVE Cycling** The sixth stage of the men's Paris-Nice race.
4.15 **TNT Sports Reload**
4.30 **UEFA Europa League**
7.30 **UEFA Europa League & Conference League Highlights**
8.30 **UEFA Champions League – Stories of the Finals**
9.00 **Premier League Preview**
9.30 **The Fantasy Show**
10.00 **Discovery Golf**
10.30 **LIVE World Baseball Classic** Coverage from the first quarter-final at Daikin Park in Houston.
2.00 AM **LIVE Isuzu UTE A-League** **Wellington Phoenix v Perth Glory.** Kick-off **2.00am**.
4.00 **to 6.00** AM **LIVE Isuzu UTE A-League** **Central Coast Mariners v Adelaide United.** Kick-off **4.00am**.

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League Highlights**
7.00 **NFL Highlights**
9.00 **LIVE NRL** **Sydney Roosters v South Sydney Rabbitohs.** Coverage of the match in the second round of fixtures, staged at Allianz Stadium. Kick-off **9.00am**.
11.00 **Super League Highlights**
11.15 **Women's Super League**
11.30 **Super League Highlights**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
4.15 **Women's Super League**
4.30 **Super League Highlights**
5.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NBA Basketball**
10.00 **NBA on Fire** The latest news.
10.30 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 M'T **The Insiders**
1.00 AM **NFL Bitesize Highlights**
2.00 **Super League**
4.30 **Super Bowl LX Bitesize**
4.45 **Super League Highlights**
5.00 **Women's Super League**
5.15 **Super League Highlights**
5.45 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **LIVE Super Rugby** **Hurricanes v Western Force.** From McLean Park in Napier, New Zealand. Kick-off **6.05am**.
8.00 **Sky Sports Breakfast**
9.00 **LIVE NRL** **Sydney Roosters v South Sydney Rabbitohs.** Coverage of the match in the second round of fixtures held at Allianz Stadium. Kick-off **9.00am**.
11.00 **Sky Sports FC**
11.30 **LIVE Players Championship** Coverage of the marquee groups on day two of the tournament from TPC Sawgrass in Ponte Vedra Beach, Florida. Akshay Bhatia and Min Woo Lee shared the lead on 11-under at the halfway stage last year, with notable players to miss the cut including Brian Harman, Matt Fitzpatrick, Viktor Hovland, Justin Rose and Adam Scott.
11.00 PM **Sky Sports News**
2.00 AM **EFL Greatest Games**
3.30 **LIVE Super Rugby** **Drua v Brumbies.** From Four R Stadium in Fiji. Kick-off **3.35am**.
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **The Players Championship**
7.00 **Premier League Darts**
11.00 **The Players Championship**
12.00 NOON **TGL** Boston v Los Angeles.
2.00 PM **PL Greatest Games**
3.00 **Men's T20 World Cup**
4.00 **WTA Tennis** Austin Open final.
5.00 **Premier League Darts** Action from round six in Nottingham.
9.00 **TGL** New York v The Bay.
11.00 **ICC Men's T20 World Cup**
12.00 M'T **One Championship Weekly**
12.30 AM **PL Greatest Games**
1.00 **TGL** Boston Common v New York.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **Men's T20 World Cup**

TNT Sports 3

413 415 523 410 432

5.45 AM **LIVE World Rally Championship** Special stages three to six from the Safari Kenya.
9.15 **Discovery Golf**
9.45 **Playing for Our Future**
10.00 **WRC: More Than Machine**
10.30 **LIVE World Rally Championship** Special stages seven to 10 from the Safari Kenya.
3.30 PM **WRC: More Than Machine**
4.30 **Crouchy and Cole**
5.00 **UEFA Europa League**
8.00 **Isuzu UTE A-League**
9.00 **The Breakdown**
9.30 **World Rally Championship**
10.00 **Men's Cycling**
12.00 M'T **World Rally Championship**
12.30 AM **AFL** Recent action.
2.00 **LIVE AFL** **Western Bulldogs v GWS Giants.** From Marvel Stadium in Melbourne. Bounce-up **2.15am**.
5.00 **to 8.00** AM **LIVE AFL** **Geelong Cats v Fremantle Dockers.** Bounce-up **5.15am**.

TNT Sports 4

414 416 524 411 434

5.45 AM **LIVE World Rally Championship** Safari Kenya.
9.15 **Discovery Golf**
9.45 **Playing for Our Future**
10.00 **WRC: More Than Machine**
10.30 **LIVE World Rally Championship** Coverage from special stages seven, eight, nine and 10 from the Safari Kenya, the third round of the season.
3.30 PM **WRC: More Than Machine**
6.00 **Crouchy and Cole**
6.30 **Ultimate Pool** Recent action.
8.00 **Women's Test Cricket**
9.00 **TNT Sports Cricket Reload**
9.30 **UEFA Champions League**
1.00 AM **LIVE World Baseball Classic** The second quarter-final at Daikin Park in Houston, Texas.
4.30 **UEFA Champions League**
5.00 **World Rally Championship**
5.30 **to 6.00** AM **LIVE World Rally Championship** Special stage 11 from the Safari Kenya.

Premier Sports 1

419 551

6.00 AM **Motorsport**
7.00 **Swedish Hockey League**
9.00 **Sporting Countdowns**
10.00 **NHL Ice Hockey**
12.00 NOON **NASCAR Highlights**
1.00 PM **Eredivisie Highlights**
2.00 **NHL on the Fly**
3.00 **Scottish Football Social Club**
4.00 **LaLiga Match Highlights**
4.30 **Eredivisie Highlights**
5.30 **Top 14 Rugby Union**
6.00 **The Rugby Pod** The latest news.
7.30 **LIVE United Rugby Championship** **Edinburgh v Ulster.** From Hive Stadium. Kick-off **8.05pm**.
10.30 **Sporting Countdowns**
11.00 **NHL Specials**
12.00 M'T **LIVE NHL Ice Hockey** **St Louis Blues v Edmonton Oilers.** Coverage from Enterprise Center. Face-off **12.00m't**.
3.00 AM **NHL: This is Hockey**
3.30 **Sporting Greats**
4.00 **to 6.00** AM **LaLiga**

Premier Sports 2

420 552

6.00 AM **Eredivisie** PSV v AZ.
8.00 **NHL Ice Hockey**
10.00 **Temples of Sport**
10.30 **Brasileiro Serie A** A replay of Vasco da Gama v Palmeiras.
12.30 PM **Football's Greatest**
1.00 **Argentine Primera**
5.00 **Brasileiro Serie A** Action from Mirassol v Santos.
7.00 **Football's Greatest**
7.30 **LIVE United Rugby Championship** **Connacht v Scarlets.** Coverage of the match from Dexcom Stadium. Kick-off **7.45pm**.
10.30 **NHL Specials** The Florida Panthers celebrate their 2024/25 Stanley Cup success.
11.00 **LIVE NHL Ice Hockey** **New York Islanders v Los Angeles Kings.** Coverage of the inter-conference match from UBS Arena. Face-off **11.00pm**.
2.00 AM **Temples of Sport**
3.00 **to 6.00** AM **Brasileiro Serie A**

Sky Sports F1

407 407 507 424 444

6.00 AM **F1 Academy**
6.45 **LIVE Formula 1** The Chinese Grand Prix sprint qualifying session at Shanghai International Circuit.
9.00 **Formula 1** Chinese Grand Prix.
11.15 **F1 Feature**
11.30 **Formula 1** Highlights.
1.45 PM **F1 Academy Highlights**
2.30 **Formula 1** Chinese Grand Prix.
3.30 **F1 Feature**
3.45 **Formula 1** Highlights.
7.00 **Indycar** Good Ranchers 250.
8.00 **LIVE Indycar** Coverage of the first practice session of the Java House Grand Prix of Arlington.
9.30 **Formula 1** Chinese Grand Prix.
10.30 **Chasing the Dream**
10.50 **Formula 1** Highlights.
2.25 AM **LIVE Formula 1** Coverage of the Chinese Grand Prix sprint race. Start-time **3.00am**.
4.30 **Ted's Notebook**
5.00 **Chasing the Dream**
5.20 **Formula 1** Highlights.
5.30 **to 6.00** AM **F1 Academy**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NEW

BBC iPLAYER 500 Words Grand Final

Saturday, 12.00noon, CBBC & BBC iPlayer

Her Majesty Queen Camilla invites the judges of the short story competition to Windsor Castle to announce this year's winners. The judging panel includes Charlie Higson (author of the *Young Bond* series), writer Malorie Blackman, Sir Lenny Henry, Rose Ayling-Ellis and Alex Jones.

This year's 50 finalists have been chosen from over 46,500 entries, and the top six stories will be read aloud by celebrities. Gold winners will receive Sir Lenny Henry's height (1.9m/6ft 2in!) in books - now that really is a tall story!

NEW

NETFLIX Sesame Street

Four new episodes available on Monday, Netflix

Pop superstar Miley Cyrus (pictured) pops by to visit Big Bird, Elmo and the gang, where she helps the friends learn that there's no wrong way to play with a toy in the episode titled *Elmo's Toy Swap*.

With her appearance on the show, the songstress joins a legendary lineage of musical icons who have also been guests – from Stevie Wonder who performed *Superstition* live for the gang in 1973, all the way up to more recent guests, Billie Eilish, SZA and Ed Sheeran.

More great shows to watch this week...

British Science Week: Live Lesson

NEW

Monday, 11am, CBBC & BBC iPlayer

In a *Horrible Science* lesson with Grace Webb and 'The Rapping Science Teacher' Matt Green, we will learn about the Moon and our solar system.

Descendants/ ZOMBIES: Worlds Collide Tour

Available now, Disney+

Viewers can get a front-row seat to the show-stopping performances in this electrifying concert special.

Peppa Pig

NEW

Weekdays, 7.40am, Milkshake! on 5

After the family take Peppa, George and Baby Evie to visit the audiologist, George gets a hearing aid to enjoy new sounds.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out xxxxxxxxxxxxxxxxxx (x,x). Answers at the bottom of the page – no cheating!

ACROSS

1 ----- *Came Polly*, Jennifer Aniston film from 2004 (5)
6 *Homes* ----- *the Hammer*, BBC1 property show (5)
7 Wings hit from 1976, ----- *Love Songs* (5)
9 Film from 2015 starring Jamie Dornan, *Fifty* ------ *of Grey* (6)
11 Former judge on ITV's *The X Factor*, ---- Field (4)
12 ------ Smith, stars as Craig Tinker in *Coronation Street* (6)
15 Zooey Deschanel romcom from 2009, *500 Days of* ------ (6)
17 2000 disaster movie starring George Clooney (3,7,5)
19 *You've Been* ------!, show narrated by Harry Hill (6)
21 See picture clue: Dizzee ------, British rapper (6)
24 Singer of 2012 hit song *Let Me Love You (Until You Learn to Love Yourself)* (2-2)
25 Sir Elton John song from 1972, ------ *Man* (6)
27 2000s espionage series with Jennifer Garner (5)
28 Long-running character played by Natalie Cassidy in *EastEnders* (5)
29 *The North* -----, TV drama starring Colin Farrell (5)

DOWN

1 Blondie hit from the 1979 album *Eat to the Beat* (6)
2 *Young* ----, Emilio Estevez movie released in 1989 (4)
3 Cooking game show that aired on the BBC (5,6,4)
4 Oasis hit single from 1994, ---------- *& Alcohol* (10)
5 2017 Ryan Gosling movie, ----- *Runner 2049* (5)
8 ---- Chaudhry, *People Just Do Nothing* star (4)
10 ----- Blackman, actor who starred as Cathy Gale in *The Avengers* (5)
13 See picture clue: British stand-up comedian, actor and writer, Andi ---- (4)
14 DC Comics character, or Alicia Keys song from 2007 (10)
16 Shirley MacLaine movie from 1964, ---- *la Douce* (4)
18 Frances McDormand and Sam Rockwell movie from 2018, ----- *Billboards Outside Ebbing, Missouri* (5)
20 Take That's ---- Owen (4)
22 Kathryn Bigelow's 2009 film, *The Hurt* ------ (6)
23 Frontman of rock band The 1975, Matty ----- (5)
26 Late *Inspector Morse* actor, John ---- (4)

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY, SHUTTERSTOCK, BBC, MILKSHAKE! ON 5. SESAME STREET IMAGE: © ZACH HYMAN.

Recycle
We are committed to only using magazine paper that is derived from responsibly managed, certified forestry and chlorine-free manufacture. The paper in this magazine was sourced and produced from sustainable managed forests, conforming to strict environmental and socioeconomic standards.

CROSSWORD SOLUTION

ANSWER: Ross Kemp **ACROSS:** 1 Along 6 Under 7 Silly 9 Shades 11 Ayda 12 Colson 15 Summer 17 The Perfect Storm 19 Framed 21 Rascal 24 Ne-Yo 25 Rocket 27 Alias 28 Sonia 29 Water
DOWN: 1 Atomic 2 Guns 3 Ready Steady Cook 4 Cigarettes 5 Blade 8 Asim 10 Honor 13 Osho 14 Supergirl 16 Irma 18 Three 20 Mark 22 Locker 23 Healy 26 Thaw

Coming soon

Stars Farzad, Skinner, Brady, Raine, Pinnock, Thomas and Almeida

FIRST LOOK

Two Weeks in August

Jessica Raine headlines a Greece-set drama about a torrid vacation

Secrets are spilled and relationships are placed under threat in BBC1's wryly funny upcoming drama *Two Weeks in August*, following a group of friends who reconnect on a holiday to a Greek island.

The eight-parter, airing later this year and penned by Catherine Shepherd, stars Jessica Raine as stressed Zoe, who, along with unsettled husband Dan (Damien Molony) and their family, heads off on the much-needed sunshine break. The trip marks a reunion with their friend Solomon (Nicholas Pinnock), who has a new wife Jess (Antonia Thomas), while uni pals Nat (Leila Farzad) and Jacob (Hugh Skinner) are also in tow.

A shocking kiss turns everyone's lives upside down as Zoe makes some reckless decisions, but when the group realise they're trapped on the island, danger and recriminations fly thick and fast, and they discover some stark truths…

Dolly Wells, Tom Goodman-Hill and Dylan Brady also appear in the series – which was filmed in Malta and Gozo – along with Maria Almeida, Khalil Ben Gharbia, Florence Banks, Sonny Poon Tip and Cassius Hackforth. Eliza and Anthony Lambon play Zoe's kids Eve and Theo, and Joe Dixon is Solomon and Jess' son Henry.

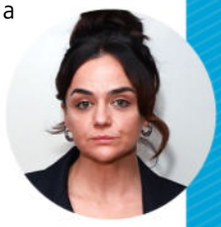
'Catherine's scripts reeled me in from the first page,' says Raine. 'Epic and nuanced. Funny and tragic. I'm honoured to be playing Zoe in this simply brilliant story.'

Zoe (Jessica Raine) and Dan (Damien Molony)

WHAT'S NEXT FOR…

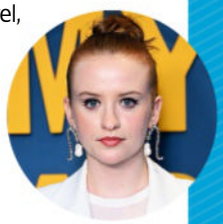
Hayley Squires

The actor will team up with Bel Powley for BBC1's six-part drama **Shy & Lola**, about a struggling cleaner and a grifter who start a criminal enterprise when a murder brings them into contact with a gang.



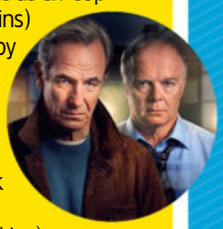
Máiréad Tyers

C4's eight-part Cork-set drama **The Rachel Incident**, based on Caroline O'Donoghue's novel, sees the actor play a student who becomes entangled with a professor (Daniel Ings) and his wife (Sarah Greene).



Coming Back

5's thriller **The Game** will return for a second series as ex-cop Huw (Jason Watkins) begins a new life by the sea with wife Alice (Sunetra Sarker) now that murderous neighbour Patrick (Robson Green, pictured with Watkins) is in prison, but fresh trouble awaits.



Robert Carlyle is joining the cast of BBC1's crime drama **Line of Duty** for its seventh series – airing next year – as DC Shaun Massie, an officer whose boss is accused of being a sexual predator.

Standard Subscription rates (1 year) UK £85.93, Europe £72.69 Euros, USA $64.813, Rest of World $64.813. For inquiries, contact TV&Satellite Week Subscriptions, Freepost Future Plc, or email help@magazinesdirect.com. If you require any other issues of Future Plc magazines, these are available online at magazinesdirect.com

Next week On sale Tuesday 10 March

The Madison

Paramount+'s drama, starring Kurt Russell, follows a New York family in Montana.

Peaky Blinders: The Immortal Man

Cillian Murphy in Netflix's film sequel to the gangland drama.

The Other Bennet Sister

BBC1's drama about *Pride and Prejudice*'s overlooked Mary.

Red Nose Day

As the fun-packed fundraiser returns on BBC1, Davina McCall is among the hosts.

WORDS: CAREN CLARK. PHOTOS: 5, BBC, GETTY, NETFLIX, PARAMOUNT+

TV&Satellite week

121-141 Westbourne Terrace, London W2 6JR
Email tv&satweek@futurenet.com
For subscriptions inquiries, call 0330 333 1113
email help@magazinesdirect.com

Printed by Walstead UK Ltd

International Licensing and Syndication
TV&Satellite Week is available for licensing and syndication. Contact us at **licensing@futurenet.com** or view our available content at **futurecontenthub.com**

Head of Print Licensing
Rachel Shaw **licensing@futurenet.com**

FUTURE Connectors. Creators. Experience Makers.

Future plc is a public company quoted on the London Stock Exchange (symbol: FUTR) www.futureplc.com

Chief Executive Officer **Kevin Li Ying**
Non-Executive Chairman **Mark Brooker**
Chief Financial Officer **Sharjeel Suleman**

Tel +44 (0)1225 442 244

ipso. Regulated **Editorial Complaints** *TV&Satellite Week* is a member of IPSO (Independent Press Standards Organisation), which regulates the UK print and digital news industry. We abide by the Editors' Code of Practice and are committed to upholding the highest standards of journalism. If you think that we have not met those standards and want to make a complaint, please email us at tv&satweek@futurenet.com or write to The Editor, *TV&Satellite Week*, 121-141 Westbourne Terrace, London W2 6JR. If we are unable to resolve your complaint, or if you would like more information about IPSO or the Editors' Code, contact IPSO on 0300 123 2220 or visit ipso.co.uk

GPSR EU RP (for authorities only)
eucomply OÜ Pärnu mnt 139b-14 11317, Tallinn, Estonia
hello@eucompliancepartner.com +3375690241

General Product Safety 2023/988: The use of our product under normal or reasonably foreseeable conditions of use, including the actual duration of use, does not present any risk or only the minimum risks compatible with the product's use, which are considered acceptable and consistent with a high level of protection of the health and safety of consumers.

Gtech

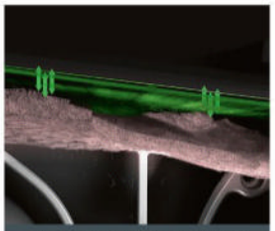
AirRAM 3 Plus

Is this the best vacuum cleaner ever?

We think it is, and here's why...

SAVE £120
WAS ~~£419.99~~
NOW £299.99
FREE NEXT DAY DELIVERY

Use code: **HA92**



SELF-CLEANING FILTERS
Auto Clean System does the dirty work for you

LARGE CAPACITY BIN
Clean and easy to empty with no fuss

SELF PROPULSION
Forward Inertia Drive, propels itself forward

High-performing, cordless and powered by a 20V lithium-ion battery, the AirRAM 3 Plus effortlessly cleans even the largest home on full power on a single charge, recharging in less than 3 hours.

Anti-Hair Wrap technology Keeps the brush bar clear, and with our unique Auto-cleaning filter system you need never clean a filter again.

Made to last The AirRAM 3 Plus is built to last 20 years with a durable floor head reinforced with aluminium to withstand pet wear and tear.

Grooms to perfection Effortlessly transitions from carpets to hard floors for a flawless clean.

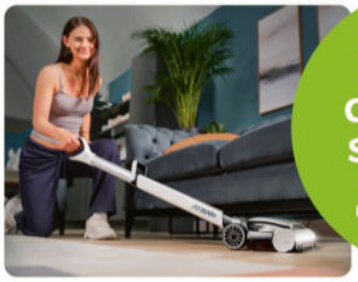
Luxurious comfort Leather-bound handles for comfort where you need it most.

Long run time Clean your whole home on full power, on a single charge.

No tubes to block Gtech's revolutionary patented AirLOC and dirt collection technology picks up dirt no other vacuum can.

Dynamic steering Effortless movement with forward inertia-drive and a low-profile handle for easy under-furniture cleaning.

Edge cleaning brushes Equipped with unique edge brushes, it cleans right up to the edges, leaving no dirt behind.



The AirRAM 3 Plus features **dynamic steering** allowing easy under-furniture cleaning

Excellent
"I love all the new features of this product, especially the rotating side brushes that clean right up to the skirtings, and that there are no filters to clean and easy dust removal."
Stella S ★★★★★

Get your **AirRAM 3 Plus** for just **£299.99** (RRP **£419.99**) saving **£120** if you order before April 30th 2026. Order now at **www.gtech.co.uk** (enter code **HA92** at checkout) or call **0800 030 87 94** or scan the code:

SCAN ME

1301

Inventor & Owner, Nick Grey
"The team at Gtech are obsessive about good design. Every product is tested, refined and retested in real home environments. The design is not signed off until I am happy that the product will meet or exceed our customers' needs."

Nick

www.gtech.co.uk
Use code: **HA92**

Free tracked next day delivery and 2-year warranty

dpd

Offers valid until 30/04/2026 or while stocks last and cannot be used in conjunction with any other offer. 30-day money-back guarantee, excluding £10 collection fee. Next Day Delivery UK mainland only (excludes highlands). Visit Gtech.co.uk for full T&Cs.

HURRY, SALE ENDS SOON!

ENJOY BATH TIME INDEPENDENCE AGAIN

Are you finding it difficult to get in and out of a bath?

Enjoy the relaxing warmth of a deep bath with an AquaLift bath lift. Getting in and out of the bath safely and independently is made easy thanks to its innovative slimline design.

AquaLift is designed to fit onto your existing bath and is a convenient and affordable solution to enjoying full depth bathing without having to change your bathroom. There's no need for expensive alterations and no plumbing or building work is required.

AquaLift is safe and simple to use with no worries about losing your balance or slipping. Gently lower yourself using the easy to use handset until you reach the bottom of the bath and then simply lie back and enjoy the pleasures of a full depth relaxing bath.

AquaLift is built to last and our trained fitters will fit in just 1 hour, it couldn't be simpler.

Discover AquaLift for yourself with a free home demonstration and experience the pleasure of a relaxing bath.

Easy to transfer in and out of your bath

Safely lowers & lifts at the touch of a button

For a brochure or free home demonstration

Call **0800 028 2802**

visit **www.aqualift.uk.com**

AquaLift® EASY BATHING

†Applies to deluxe model only. Cannot be used in conjunction with any other offer. Terms and conditions apply. See website for full details. Offer ends 30/04/26.

TVSAT03/03/26q